



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Physical Education, Health & Recreation Undergraduate Study Program**

Document Code

**SEMESTER LEARNING PLAN**

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Table tennis	8520102188	Compulsory Study Program Subjects	T=2	P=0	ECTS=3.18	3	July 16, 2024
AUTHORIZATION	SP Developer	Course Cluster Coordinator			Study Program Coordinator		
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Learning model	Project Based Learning																																																		
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																		
Program Objectives (PO)																																																			
PO - 1	Understanding and mastery of table tennis theory and practice, including: basic techniques, tactics and strategies, rules and learning in the game of table tennis. Lectures are carried out with lectures, practice, project assignments and reflection.																																																		
PLO-PO Matrix																																																			
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PO-1																																																			
PO Matrix at the end of each learning stage (Sub-PO)																																																			
	<table border="1"> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> <tr> <th>PO-1</th> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																
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PO-1																																																			

**Short Course Description**  
 Understanding and mastery of table tennis theory and practice, including: basic techniques, tactics and strategies, rules and learning in the game of table tennis. Lectures are carried out with lectures, practice, project assignments and reflection.

References	<p><b>Main :</b></p> <ol style="list-style-type: none"> <li>AASC. 2012. Playing for Life- Table Tennis . Australian Sports Commission.</li> <li>Geske, Klaus-M. Dan Mueller, Jens , 2010. Table Tennis Tactics Your Path to Success . Maidenhead. Meyer &amp; Meyer Sport.</li> <li>Herry Moestamar, Nurhasan. 1996. Belajar tenis meja efektif . Surabaya Unipres</li> <li>McAfee, Richard. 2009. Table Tennis: Steps to Success. United States of America: Human Kinetics.</li> <li>Muhtar, T dan Sulisty, W. 2007. Tenis Meja . Jakarta: Universitas Terbuka.</li> <li>Nurhasan. 2001. Macam-Macam Jenis Tes Keolahragaan dan Pengukuran Prinsip-Prinsip Gerak dalam Olahraga. Bandung: Direktorat Jendral Olahraga.</li> <li>PTMSI. 2016. Peraturan Tenis Meja 2016 . PBPTMSI</li> <li>TTA. 2002. Table Tennis in Schools Program . Waterwheel Press, North Melbourne, Victoria, Australia</li> <li>www.ptmsi.org</li> <li>www.attu.com</li> <li>www.itf.com</li> </ol> <p><b>Supporters:</b></p> <ol style="list-style-type: none"> <li>Putra, E. S. (2013). Upaya Meningkatkan Hasil Belajar Servis Backhand dalam Permainan Tenis Meja Melalui Media Dinding. Palembang: Universitas Bina Dharma.</li> <li>Simpson. (2008). Teknik Bermain Pingpong. Bandung: Pioner Jaya.</li> <li>Husdarta, S. J. (2011). Manajemen Pendidikan Jasmani. Bandung: Alfabeta.</li> </ol>
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**Supporting lecturer**  
 Prof. Dr. Nurhasan, M.Kes.  
 Dr. Dwi Cahyo Kartiko, S.Pd., M.Kes.  
 Dony Andrijanto, S.Pd., M.Kes.  
 Dwi Lorry Juniarisca, S.Pd., M.Ed.

Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning Methods, Student Assignments, [ Estimated time ]		Learning materials [ References ]	Assessment Weight (%)
		Indicator	Criteria & Form	Offline ( offline )	Online ( online )		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

1	Understand the basic concepts of table tennis lectures. Understand the history of the development of table tennis internationally, in Asia and in Indonesia	<ol style="list-style-type: none"> <li>1.Explain the history of the development of table tennis in the international world. in Asia and in Indonesia</li> <li>2. Identify table tennis organizations internationally, in Asia and in Indonesia</li> </ol>	<p><b>Criteria:</b> A value of 90, if the report complies with the predetermined grid</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, assignments and presentations 2 X 50		<p><b>Material:</b> basic concepts of table tennis lectures Understanding the history of the development of table tennis internationally, in Asia and in Indonesia <b>Library:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.</p>	5%
2	Understand the basic concepts of table tennis lectures. Understand the history of the development of table tennis internationally, in Asia and in Indonesia	<ol style="list-style-type: none"> <li>1.Explain the history of the development of table tennis in the international world. in Asia and in Indonesia</li> <li>2. Identify table tennis organizations internationally, in Asia and in Indonesia</li> </ol>	<p><b>Criteria:</b> A value of 90, if the report complies with the predetermined grid.</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, assignments and presentations 2 X 50		<p><b>Material:</b> basic concepts of table tennis lectures Understanding the history of the development of table tennis internationally, in Asia and in Indonesia <b>References:</b> Geske, Klaus-M. Dan Mueller, Jens, 2010. <i>Table Tennis Tactics Your Path to Success.</i> Maidenhead. Meyer &amp; Meyer Sports.</p>	5%
3	Understand the various types of table tennis equipment including tables, rackets, nets and balls.	<ol style="list-style-type: none"> <li>1. Discuss the sizes of various table tennis equipment.</li> <li>2. Identify the various types of table tennis equipment.</li> </ol>	<p><b>Criteria:</b> A value of 90, if the report complies with the predetermined grid.</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Scientific Learning Cooperative Learning Lecture Performance Product Report Discussion Presentation Mastery Product assessment sheet 2 X 50		<p><b>Material:</b> various types of table tennis equipment including table, racket, net and ball. <b>Bibliography:</b> Herry Moestamar, Nurhasan. 1996. <i>Learning table tennis effectively.</i> Surabaya Unipres</p>	5%
4	Knowing the types of strokes in table tennis. Mastering the basic grip techniques in table tennis	<ol style="list-style-type: none"> <li>1.Explain the types of strokes in table tennis</li> <li>2.Explains the concept of basic grip technique movement sequences</li> <li>3.Analyze variations and combinations of basic table tennis grip techniques</li> <li>4.Practicing various variations and combinations of basic table tennis grip techniques</li> </ol>	<p><b>Criteria:</b> A score of 20, if you can summarize according to the specified grid and can practice basic techniques correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Scientific Learning Cooperative Learning Lectures Performance Product Report Discussion Mastery 2 X 50		<p><b>Material:</b> types of strokes in table tennis. Mastering the basic grip techniques in table tennis. <b>Reader:</b> Herry Moestamar, Nurhasan. 1996. <i>Learning table tennis effectively.</i> Surabaya Unipres</p>	5%

5	Know the basic stance and footwork techniques for playing table tennis. Master the basic stance and footwork techniques for playing table tennis	<ol style="list-style-type: none"> <li>1.Explains the concept of basic table tennis stance and footwork techniques</li> <li>2.Analyze variations and combinations of basic stance and footwork techniques in table tennis</li> <li>3.Practicing various variations and combinations of basic stance and footwork techniques in table tennis</li> </ol>	<p><b>Criteria:</b> A score of 20, if you can summarize according to the specified grid and can practice basic techniques correctly</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<p><b>Material:</b> basic stance and footwork techniques in table tennis. Mastering basic stance and footwork techniques in table tennis.</p> <p><b>Library:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.</p>	5%
6	Knowing the types and variations of strokes towards the ball in table tennis. Mastering the basic service technique of table tennis. Mastering the basic chop technique of table tennis.	<ol style="list-style-type: none"> <li>1.Explain the types and variations of hitting the ball in table tennis</li> <li>2.Explains the concept of the basic technique of serve and chop in table tennis</li> <li>3.Analyze variations and combinations of basic service and chop techniques in table tennis</li> <li>4.Practicing various variations and combinations of basic service and chop techniques in table tennis</li> </ol>	<p><b>Criteria:</b> A score of 20, if you can summarize according to the specified grid and can practice basic techniques correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<p><b>Material:</b> types and variations of strokes towards the ball in table tennis. Mastering the basic service technique in table tennis. Mastering the basic chop technique in table tennis.</p> <p><b>Reference:</b> McAfee, Richard. 2009. <i>Table Tennis: Steps to Success.</i> United States of America: Human Kinetics.</p>	5%
7	Knowing the concept of topspin and block movement sequences in the game of table tennis. Mastering the basic technique of topspin in the game of table tennis. Mastering the basic technique of block in the game of table tennis.	<ol style="list-style-type: none"> <li>1.Explain the sequence of topspin and block movements in table tennis</li> <li>2.Explains the concept of the basic technique of topspin and block in table tennis.</li> <li>3.Analyze variations and combinations of basic topspin and block techniques in table tennis</li> <li>4.Practicing various variations and combinations of basic topspin and block table tennis techniques</li> </ol>	<p><b>Criteria:</b> A score of 20, if you can summarize according to the specified grid and can practice basic techniques correctly</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<p><b>Material:</b> concept of topspin and block movement sequences in table tennis. Mastering the basic topspin technique in table tennis. Mastering the basic block technique in table tennis.</p> <p><b>Library:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.</p>	5%
8		UTS	<p><b>Criteria:</b> able to understand meeting material 1-7</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practice / Performance, Tests</p>	2 X 50		<p><b>Material:</b> UTS <b>Bibliography:</b> McAfee, Richard. 2009. <i>Table Tennis: Steps to Success.</i> United States of America: Human Kinetics.</p>	10%

9	Understand the theoretical concepts of table tennis game rules	1.Explain the rules of table tennis according to the latest regulations 2.Describe the table tennis rules and international competition provisions	<b>Criteria:</b> A score of 10 is obtained if you can answer the question correctly. <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> theoretical concepts of table tennis game rules. <b>Reference:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.	5%
10	Understand the theoretical concepts of table tennis equipment	1.Explain the rules of table tennis matches according to the latest regulations 2.Describe the table tennis rules and international competition provisions	<b>Criteria:</b> A score of 10 is obtained if you can answer the question correctly. <b>Form of Assessment :</b> Assessment of Project Results / Product Assessment, Practices / Performance	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> theoretical concepts of table tennis equipment. <b>Reference:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.	8%
11	Understand the theoretical concepts of table tennis match systems.	1.Explain the table tennis match system according to the latest regulations 2.Describe the table tennis competition system and international competition provisions	<b>Criteria:</b> A score of 10 is obtained if you can answer the question correctly. <b>Form of Assessment :</b> Assessment of Project Results / Product Assessment, Practices / Performance	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> theoretical concepts of table tennis match systems. <b>References:</b> Muhtar, T and Sulisty, W. 2007. <i>Table Tennis.</i> Jakarta: Open University.	8%
12	Understand the theoretical concepts of refereeing table tennis games	1.Explain the refereeing of table tennis matches according to the latest regulations 2.Describe the refereeing of table tennis games and the rules of international competitions	<b>Criteria:</b> A score of 10 is obtained if you can answer the question correctly. <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> theoretical concepts of table tennis refereeing. <b>Reference:</b> McAfee, Richard. 2009. <i>Table Tennis: Steps to Success.</i> United States of America: Human Kinetics.	5%
13	Understand the concept of playing a table tennis match	1.Practicing table tennis match management 2.Analyzing a table tennis match	<b>Criteria:</b> A value of 90, if the report complies with the predetermined grid. <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> concept of holding a table tennis match <b>Reference:</b> Muhtar, T and Sulisty, W. 2007. <i>Table Tennis.</i> Jakarta: Open University.	5%
14	Understand the concept of playing a table tennis match	1.Practicing table tennis match management 2.Analyzing a table tennis match	<b>Criteria:</b> A value of 90, if the report complies with the predetermined grid. <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> concept of holding a table tennis match <b>Reference:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.	6%
15	Understand the concept of playing a table tennis match	1.Practicing table tennis match management 2.Analyzing a table tennis match	<b>Criteria:</b> A value of 90, if the report complies with the predetermined grid. <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Cooperative Learning Lectures Performance Products Reports Discussions Mastery 2 X 50		<b>Material:</b> concept of holding a table tennis match <b>Reference:</b> AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.	8%
16	UAS	UAS	<b>Criteria:</b> able to understand meeting material 1-15 <b>Form of Assessment :</b> Project Results Assessment / Product Assessment	Doing UAS questions		<b>Material:</b> Library: AASC. 2012. <i>Playing for Life - Table Tennis.</i> Australian Sports Commission.	10%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	13%
2.	Project Results Assessment / Product Assessment	74%
3.	Practice / Performance	10.5%
4.	Test	2.5%
		100%

#### Notes

- 1. Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
- 2. The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
- 3. Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
- 4. Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
- 5. Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
- 6. Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
- 7. Forms of assessment:** test and non-test.
- 8. Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
- 9. Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
- 10. Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 11. The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
- 12. TM=Face to face, PT=Structured assignments, BM=Independent study.**