



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
S1 Sports Coaching Education Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																																																				
WOODBALL SPORT TRAINING	8520204668	Study Program Elective Courses	T=1	P=3	ECTS=6.36	3	July 1, 2023																																																																																																				
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																																																					
	Mohammad Faruk, S. Pd., M. Kes.		Mohammad Faruk, S. Pd., M. Kes.			Dr. Or. Muhammad, S.Pd., M.Pd.																																																																																																					
Learning model	Project Based Learning																																																																																																										
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																																										
	Program Objectives (PO)																																																																																																										
	PO - 1	Able to create a sports training program according to the sport being pursued																																																																																																									
	PO - 2	Expert in sports coaching																																																																																																									
	PO - 3	Sports performance improvement consultant.																																																																																																									
	PO - 4	Analyze athletes' abilities and performances in training and competition																																																																																																									
	PLO-PO Matrix																																																																																																										
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> <tr><td>PO-3</td></tr> <tr><td>PO-4</td></tr> </table>						P.O	PO-1	PO-2	PO-3	PO-4																																																																																															
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PO Matrix at the end of each learning stage (Sub-PO)																																																																																																											
	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <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> </thead> <tbody> <tr><td>PO-1</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></td></tr> <tr><td>PO-2</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></td></tr> <tr><td>PO-3</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></td></tr> <tr><td>PO-4</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></td></tr> </tbody> </table>						P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																	PO-3																	PO-4																
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Short Course Description	This course discusses knowledge, techniques and game skill training strategies in Woodball which consists of training the ability to hit the ball and put the ball into the goal and the ability to apply woodball skills in the game as well as applying the rules of the Woodball game.																																																																																																										
References	Main :																																																																																																										
		1. IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF																																																																																																									
	Supporters:																																																																																																										
Supporting lecturer	Mohammad Faruk, S.Pd., M.Kes.																																																																																																										

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	Listen to lecturers' explanations about the history, development, ethics and philosophy of Woodball	1.The value of sportsmanship in competitions 2.Application of coaching philosophy in training sessions	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	face to face (case study, q&a and discussion) 100		Material: history Bibliography: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
2	Deepen basic technical skills in playing woodball	Able to design basic technical drill exercises	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion) 100		Material: basic techniques in playing woodball Library: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
3	1.Able to design basic grip technical exercises 2.Practicing basic grip technique training	Able to design drill exercises on basic mallet holding techniques correctly	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion) 100		Material: basic grip technique training. Reference: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
4	Able to design basic grip technical exercises	Able to design drills on basic hitting and swinging techniques correctly	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion) 100		Material: basic grip technique training. Reference: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
5	Able to plan technical exercises to put the ball into the goal (gate)	Able to design drills on basic techniques for entering the ball into the goal (gate) correctly	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion) 100		Material: practice of putting the ball into the goal (gate) Reference: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
6	Able to plan playing exercises with singles and doubles	Able to plan training for playing singles and doubles correctly	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion) 100		Material: practice playing with singles and doubles. Library: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
7	Able to plan playing exercises with singles and doubles	Able to plan training for playing singles and doubles correctly	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion) 100		Material: practice playing with singles and doubles. Library: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%

8	UTS	completing a draft book about golf for beginners	Criteria: UTS Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	golf book writing workshop for beginners		Material: UTS Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	10%
9	skills for designing exercises and games : Level up	master the skills of designing exercises and games: Level up	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion)		Material: skills in designing exercises and games: Level up Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	5%
10	skills for designing exercises and games : Level up	master the skills of designing exercises and games: Level up	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion)		Material: skills in designing exercises and games: Level up Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	5%
11	Able to plan exercises and games (competition simulation)	master the skills of designing exercises and games: Level up	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion)		Material: designing exercises and games (competition simulation) Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	5%
12	Able to plan exercises and games (competition simulation)	master the skills of designing exercises and games: Level up	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	face to face (case study, q&a and discussion)		Material: designing exercises and games (competition simulation) Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	5%
13	Able to plan exercises and games (competition simulation)	master the skills of designing exercises and games (competition simulation)	Criteria: Assignments and practicums Form of Assessment : Practice / Performance	face to face (case study, q&a and discussion)		Material: designing exercises and games (competition simulation) Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	0%
14	Able to plan exercises and games (competition simulation)	master the skills of designing exercises and games (competition simulation)	Criteria: Assignments and practicums Form of Assessment : Practice / Performance	face to face (case study, q&a and discussion)		Material: designing exercises and games (competition simulation) Library: IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF	5%

15	Able to plan exercises and games (competition simulation)	master the skills of designing exercises and games (competition simulation)	Criteria: Assignments and practicums Form of Assessment : Practice / Performance	face to face (case study, q&a and discussion)		Material: designing exercises and games (competition simulation) Library: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	5%
16	UAS	finishing writing a woodball book for beginners	Criteria: UAS Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	workshops		Material: UAS Literature: <i>IWBF. 2019. Rules of woodball and Beach Woodball. India. IWBF</i>	25%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	47.5%
2.	Project Results Assessment / Product Assessment	17.5%
3.	Practice / Performance	35%
		100%

Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.