



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																																																													
TENNIS BRANCH TRAINING	8520204542	Study Program Elective Courses	T=1 P=3 ECTS=6.36	3	July 12, 2023																																																													
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																																													
	Muhammad Asrul Sidik, M.Pd		Muhammad Asrul Sidik, M.Pd		Dr. Or. Muhammad, S.Pd., M.Pd.																																																													
Learning model	Case Studies																																																																	
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																	
	Program Objectives (PO)																																																																	
	PO - 1	able to analyze the basic movements of tennis strokes																																																																
	PLO-PO Matrix																																																																	
		<table border="1" style="margin: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> </table>				P.O	PO-1																																																											
P.O																																																																		
PO-1																																																																		
	PO Matrix at the end of each learning stage (Sub-PO)																																																																	
		<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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><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																	
P.O	Week																																																																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																																		
PO-1																																																																		
Short Course Description	The aim of the lectures is to provide the basic and intermediate tennis coaching skills necessary to introduce tennis to novice tennis athletes through mini tennis, as well as to train players up to junior competition level and also to promote tennis at the community level.																																																																	
References	Main :																																																																	
	1. Coaching Tennis SUccesfully 2. Development Tennis																																																																	
	Supporters:																																																																	
	1. https://www.youtube.com/watch?v=2FjbyTTXUDM																																																																	
Supporting lecturer	Dr. Irmantara Subagio, M.Kes. Muhammad Asrul Sidik, M.Pd. Dani Primanata, S.Pd.,M.Pd.																																																																	
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	Understanding the college contract. Understanding the objectives of the lecture method for physical, technical, tactical and mental training in the sport of field tennis	1. Able to attend lectures in an orderly and complete manner 2. Able to understand the objectives of lectures on physical, technical, tactical and mental training methods for field tennis	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lecture Discussion Questions and answers 4 X 50	2x50	Material: forehand backhand Reference: Development Tennis	15%																																																											

2	Understanding the let's tennis campaign Understanding tennis equipment and equipment (court, ball, racket and strings) Understanding the basic tactics of playing tennis	<ol style="list-style-type: none"> 1. Able to understand the let's tennis campaign 2. Able to understand tennis equipment and equipment (court, ball, racket and strings) 3. Able to understand the basic tactics of playing tennis 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lecture Discussion Questions and Answers Practice 4 X 50		Material: forehand backhand Reference: <i>Coaching Tennis</i> <i>SUccessfully</i>	2%
3	Understanding the let's tennis campaign Understanding tennis equipment and equipment (court, ball, racket and strings) Understanding the basic tactics of playing tennis	<ol style="list-style-type: none"> 1. Able to understand the let's tennis campaign 2. Able to understand tennis equipment and equipment (court, ball, racket and strings) 3. Able to understand the basic tactics of playing tennis 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lecture Discussion Questions and Answers Practice 4 X 50		Material: forehand technique Library: <i>Coaching Tennis</i> <i>SUccessfully</i> Material: forehand backhand Reference: <i>Coaching Tennis</i> <i>SUccessfully</i>	5%
4	Understand and organize a training process Understand the importance of communication skills in the training process Understand Agility, Balance, Coordination and Speed (ABCs) exercises	<ol style="list-style-type: none"> 1. Understand and organize a training process 2. Understand the importance of communication skills in the training process 3. Understand Agility, Balance, Coordination and Speed (ABCs) exercises 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lecture Discussion Questions and Answers Practice 4 X 50		Material: forehand backhand Reference: <i>Coaching Tennis</i> <i>SUccessfully</i>	5%
5	Understand and organize a training process Understand the importance of communication skills in the training process Understand Agility, Balance, Coordination and Speed (ABCs) exercises	<ol style="list-style-type: none"> 1. Understand and organize a training process 2. Understand the importance of communication skills in the training process 3. Understand Agility, Balance, Coordination and Speed (ABCs) exercises 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lecture Discussion Questions and Answers Practice 4 X 50		Material: forehand backhand Reference: <i>Coaching Tennis</i> <i>SUccessfully</i>	5%
6	Understand training and observe athletes' abilities and changes. Understand and carry out basic training processes with athletes. Understand the concept of differentiation in tennis	<ol style="list-style-type: none"> 1. Able to understand training and observe athlete abilities and changes 2. Able to understand carrying out basic training processes with athletes 3. Able to understand the concept of differentiation in tennis 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	Lecture View Video Discussion Practice 4 X 50		Material: forehand backhand Reference: <i>Coaching Tennis</i> <i>SUccessfully</i> Material: forehand backhand Reference:	5%

7	Understand training and observe athletes' abilities and changes. Understand and carry out basic training processes with athletes. Understand the concept of differentiation in tennis	<ol style="list-style-type: none"> 1. Able to understand training and observe athlete abilities and changes 2. Able to understand carrying out basic training processes with athletes 3. Able to understand the concept of differentiation in tennis 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureView VideoDiscussionPractice 4 X 50		Material: forehand backhand Reference: <i>Development Tennis</i>	2%
8	UTS	UTS	Criteria: UTS Form of Assessment : Practice / Performance	UTS 4 X 50		Material: forehand backhand Reference: <i>Coaching Tennis Successfully</i>	16%
9	Understanding tactics and techniques in implementing tennis games. Understanding biomechanics and movement. Understanding physical conditioning of tennis	<ol style="list-style-type: none"> 1. Able to understand tactics and techniques in implementing the game of tennis 2. Able to understand biomechanics and movement 3. Able to understand and practice tennis physical conditioning 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionPractice 4 X 50		Material: serve and volleyball Reference:	5%
10	Understanding tactics and techniques in implementing tennis games. Understanding biomechanics and movement. Understanding physical conditioning of tennis	<ol style="list-style-type: none"> 1. Able to understand tactics and techniques in implementing the game of tennis 2. Able to understand biomechanics and movement 3. Able to understand and practice tennis physical conditioning 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionPractice 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	5%
11	Understanding tactics and techniques in implementing tennis games. Understanding biomechanics and movement. Understanding physical conditioning of tennis	<ol style="list-style-type: none"> 1. Able to understand tactics and techniques in implementing the game of tennis 2. Able to understand biomechanics and movement 3. Able to understand and practice tennis physical conditioning 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionPractice 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	5%
12	Understanding tactics and techniques in implementing tennis games. Understanding biomechanics and movement. Understanding physical conditioning of tennis	<ol style="list-style-type: none"> 1. Able to understand tactics and techniques in implementing the game of tennis 2. Able to understand biomechanics and movement 3. Able to understand and practice tennis physical conditioning 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionPractice 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	5%

13	Analyzing tennis athletes' single game tactics and techniques Analyzing tennis athletes' doubles game tactics and techniques Understanding and practicing teaching formation (individual and group) Understanding and practicing athlete teaching progression Understanding athlete psychology	<ol style="list-style-type: none"> 1. Able to analyze tennis athletes' single game tactics and techniques 2. Able to analyze the tactics and techniques of tennis athletes' doubles games 3. Able to understand and practice teaching formation (individual and group) 4. Able to understand and practice athlete teaching progression 5. Able to understand athlete psychology 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionQuestions and AnswersPracticeAssignments 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	5%
14	Analyzing tennis athletes' single game tactics and techniques Analyzing tennis athletes' doubles game tactics and techniques Understanding and practicing teaching formation (individual and group) Understanding and practicing athlete teaching progression Understanding athlete psychology	<ol style="list-style-type: none"> 1. Able to analyze tennis athletes' single game tactics and techniques 2. Able to analyze the tactics and techniques of tennis athletes' doubles games 3. Able to understand and practice teaching formation (individual and group) 4. Able to understand and practice athlete teaching progression 5. Able to understand athlete psychology 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionQuestions and AnswersPracticeAssignments 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	5%
15	Analyzing tennis athletes' single game tactics and techniques Analyzing tennis athletes' doubles game tactics and techniques Understanding and practicing teaching formation (individual and group) Understanding and practicing athlete teaching progression Understanding athlete psychology	<ol style="list-style-type: none"> 1. Able to analyze tennis athletes' single game tactics and techniques 2. Able to analyze the tactics and techniques of tennis athletes' doubles games 3. Able to understand and practice teaching formation (individual and group) 4. Able to understand and practice athlete teaching progression 5. Able to understand athlete psychology 	Criteria: Assessment rubric Form of Assessment : Practice / Performance	LectureDiscussionQuestions and AnswersPracticeAssignments 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	5%

16	Analyzing tennis athletes' single game tactics and techniques Analyzing tennis athletes' doubles game tactics and techniques Understanding and practicing teaching formation (individual and group) Understanding and practicing athlete teaching progression Understanding athlete psychology	<ol style="list-style-type: none"> 1. Able to analyze tennis athletes' single game tactics and techniques 2. Able to analyze the tactics and techniques of tennis athletes' doubles games 3. Able to understand and practice teaching formation (individual and group) 4. Able to understand and practice athlete teaching progression 5. Able to understand athlete psychology 	Criteria: Assessment rubric Forms of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance	LectureDiscussionQuestions and AnswersPracticeAssignments 4 X 50		Material: serve and volleyball Reference: <i>Coaching Tennis Successfully</i>	10%
----	--	--	--	---	--	--	-----

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	15%
2.	Project Results Assessment / Product Assessment	2.5%
3.	Portfolio Assessment	2.5%
4.	Practical Assessment	2.5%
5.	Practice / Performance	77.5%
		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.