



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																																
Physical, Technical, Tactics & Mental Training Methods for the Petanque Sport	8520204504		T=1	P=0	ECTS=1.59	4	July 18, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																	
			Dr. Or. Muhammad, S.Pd., M.Pd.																																	
Learning model	Case Studies																																						
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		P.O																																					
Short Course Description	This course discusses the development of basic technical, physical, tactical and strategic and mental training methods in the sport of petanque.																																						
	<table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 2%;">1</td> <td style="width: 2%;">2</td> <td style="width: 2%;">3</td> <td style="width: 2%;">4</td> <td style="width: 2%;">5</td> <td style="width: 2%;">6</td> <td style="width: 2%;">7</td> <td style="width: 2%;">8</td> <td style="width: 2%;">9</td> <td style="width: 2%;">10</td> <td style="width: 2%;">11</td> <td style="width: 2%;">12</td> <td style="width: 2%;">13</td> <td style="width: 2%;">14</td> <td style="width: 2%;">15</td> <td style="width: 2%;">16</td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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References	Main :																																						
	<ol style="list-style-type: none"> 1. p> Referensi : 1.Nurkholis, (2018). Resume materi Pelatihan coaching Internasional level 2. Jakarta 3. PB FOPI, (2013). Teknik Bermain Olahraga Petanque.Jakarta 4. Nurkholis. (2014). Olahraga Petanque. Sejarah dan Teknik Bermain.Surabaya 5. Gart Freeman. (1987) . Petanque: French Game of Boules. Franc 6. Putman, B.W. (2011). Pétanque: The Greatest Game You Never Heard Of: Beyond Bocce, The Elegant & Intelligent French Game of Boules. CreateSpace Independent Publishing Platform 7. Ismail Benabad, A.S. (2015). Materi Pelatihan Umpire Cabang Olahraga Petanque. FIK UNJ. Jakarta. Diadob dari Federation Internationale de Petanque et Jue Provencal (FIPJP) 																																						
	Supporters:																																						
Supporting lecturer	Dr. Nurkholis, M.Pd. Dr. Abdul Hafidz, S.Pd., M.Pd.																																						
Week-	Final abilities of each learning	Evaluation	Help Learning, Learning methods, Student Assignments, [Estimated time]			Learning materials [Assessment Weight (%)																																

	stage (Sub-PO)	Indicator	Criteria & Form	Offline (<i>offline</i>)	Online (<i>online</i>)	References]	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Understand the development of the petanque sport game	1. Know the history of the sport of petanque2. Understand the philosophy of the sport of petanque3. Explain the meaning of petanque sport 4. Understand petanque sports technology 5. Explain the basic techniques of petanque 6. Understand the stages of training the sport of petanque7. Understanding the factors that support petanque sports performance	Criteria: Able to answer questions with 80% declared successful	1. Inquiry 2. Problem solving 8 X 50			0%
2	Understand the development of the petanque sport game	1. Know the history of the sport of petanque2. Understand the philosophy of the sport of petanque3. Explain the meaning of petanque sport 4. Understand petanque sports technology 5. Explain the basic techniques of petanque 6. Understand the stages of training the sport of petanque7. Understanding the factors that support petanque sports performance	Criteria: Able to answer questions with 80% declared successful	1. Inquiry 2. Problem solving 8 X 50			0%

3	Mastering the development of pointing training methods	<p>1. Able to develop pointing rolling exercises for a distance of 4 to 5 m². Able to develop pointing rolling exercises for a distance of 6 to 7 m³. Able to develop pointing rolling exercises for a distance of 8 to 9 m⁴. Able to develop half lob pointing exercises for a distance of 6 to 7 m⁵. Able to develop half lob pointing exercises for a distance of 7 to 10 m⁶. Able to develop half lob pointing exercises with a distance of 10 to 12 m⁷. Able to develop high lob pointing exercises with a distance of 6 to 7 m⁵. Able to develop high lob pointing exercises for a distance of 7 to 10 m⁶. Able to develop high lob pointing exercises for a distance of 10 to 12 m</p>	<p>Criteria: Being able to complete 80% of lecture assignments correctly is considered successful</p>	<p>1. Direct practice 2. Problem solving 8 X 50</p>		0%
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4	Mastering the development of pointing training methods	1. Able to develop pointing rolling exercises for a distance of 4 to 5 m2. Able to develop pointing rolling exercises for a distance of 6 to 7 m3. Able to develop pointing rolling exercises for a distance of 8 to 9 m4. Able to develop half lob pointing exercises for a distance of 6 to 7 m5. Able to develop half lob pointing exercises for a distance of 7 to 10 m6. Able to develop half lob pointing exercises with a distance of 10 to 12 m 7. Able to develop high lob pointing exercises with a distance of 6 to 7 m5. Able to develop high lob pointing exercises for a distance of 7 to 10 m6. Able to develop high lob pointing exercises for a distance of 10 to 12 m	Criteria: Being able to complete 80% of lecture assignments correctly is considered successful	1. Direct practice2. Problem solving 8 X 50			0%
5	Mastering the method of developing basic shooting technique training	1. Able to develop short distance shooting training methods (6 to 7 m) 2. Able to develop short distance shooting training methods (8 to 9 m)3. Able to develop short distance shooting training methods (10 to 12 m)	Criteria: Able to complete 80% of lecture assignments and be declared a pass	Direct practice 8 X 50			0%
6	Mastering the method of developing basic shooting technique training	1. Able to develop short distance shooting training methods (6 to 7 m) 2. Able to develop short distance shooting training methods (8 to 9 m)3. Able to develop short distance shooting training methods (10 to 12 m)	Criteria: Able to complete 80% of lecture assignments and be declared a pass	Direct practice 8 X 50			0%

7	Master pointing tactics exercises	1. Able to develop target pointing tactics exercises 2. Able to develop pointing stop tactics exercises	Criteria: Able to complete 80% of the assignment correctly is considered a pass	1. Direct practice 2. Problem solving 4 X 50			0%
8	Understand the methods of training techniques and tactics for pointing and shooting in the sport of petanque	1. Able to develop pointing rolling, half lob and high lob training methods 2. Able to develop shooting training methods 3. Mastering pointing and shooting training tactics 4. Understanding the development of the sport of petanque	Criteria: Being able to complete 80% of the questions and assignments is considered a pass	4 X 50 test			0%
9	Have the ability to develop short-term training program periodization	1. Able to prepare a daily program 2. Able to prepare a weekly program 3. Able to prepare monthly programs	Criteria: Able to complete tasks correctly by 90%	1. Inquiry 2. Problem solving 8 X 50			0%
10	Have the ability to develop short-term training program periodization	1. Able to prepare a daily program 2. Able to prepare a weekly program 3. Able to prepare monthly programs	Criteria: Able to complete tasks correctly by 90%	1. Inquiry 2. Problem solving 8 X 50			0%
11	Able to implement a training program and have the correct attitude when playing petanque	1. Able to implement short-term programs including daily, weekly and monthly programs 2. able to implement the correct attitude in playing petanque, including check point spot, entry circle, breathing and analysis	Criteria: Able to implement the program correctly 90%	Hands-on practice 4 X 50			0%
12	Able to implement a training program and have the correct attitude when playing petanque	1. Able to implement short-term programs including daily, weekly and monthly programs 2. able to implement the correct attitude in playing petanque, including check point spot, entry circle, breathing and analysis	Criteria: Able to implement the program correctly 90%	Hands-on practice 4 X 50			0%

13	Able to develop a mental training program in the sport of petanque	1. Able to practice imagery exercises 2. Able to practice concentration exercises 3. Able to practice exercises to increase self-confidence 4. Able to practice cooperation	Criteria: Able to complete the assignment correctly by 85% is declared a pass	1. Inquiry 2. Problem solving 3. Direct practice 8 X 50		0%
14	Able to develop a mental training program in the sport of petanque	1. Able to practice imagery exercises 2. Able to practice concentration exercises 3. Able to practice exercises to increase self-confidence 4. Able to practice cooperation	Criteria: Able to complete the assignment correctly by 85% is declared a pass	1. Inquiry 2. Problem solving 3. Direct practice 8 X 50		0%
15						0%
16						0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

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.

