	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 Sepak Takraw Sport	8520204507		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
	PO Matrix at the end of each learning stage (Sub-PO)

P.O

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	This course discusses physical, technical, tactical and mental training methods in the sport sepaktakraw which consists of methods for training flexibility, strength, cardiovascular endurance, muscle endurance, speed, agility, accuracy and reaction.

References	**Main :**

1.
1. Bompa, 2015, *Total Training for Young Champions* , Australia: Human Kinetics
2. Prawirasaputra, sudrajat. 2000. *Sepak Takraw* .Jakarta Pusat : Direktorat Jenderal Pendidikan Dasar Dan Menengah.
3. Prawirasaputra, Sudrajat. (2002). *Prototype Pembelajaran Sepak Takraw Untuk Pembinaan Olahraga Usia Dini* . Materi Seminar. Bandung: FPOK.
4. Sulaiman.2008. *Sepak Takraw Pedoman Bagi Guru Olahraga , Pembina , Pelatih dan Atlet* .Semarang: UPT UNNES..

Supporters:

Supporting lecturer	Dr. Imam Syafii, M.Kes. Drs. Arif Bulqini, M.Kes. David Agus Prianto, S.Pd., M.Pd. I Dewa Made Aryananda Wijaya Kusuma, S.Pd., M.Or.

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	Able to understand and be able to apply flexibility training methods	Apply flexibility training methods correctly.		Lectures, demonstrations and practice 4 X 50			0%
2	Able to understand and be able to apply strength training methods	Apply strength training methods correctly		Lectures, demonstrations and practice 4 X 50			0%
3	Able to understand and be able to apply strength training methods	Apply strength training methods correctly		Lectures, demonstrations and practice 4 X 50			0%
4	Able to understand and be able to apply methods of training cardiac endurance	Apply the method of training cardiac endurance correctly		Lectures, demonstrations and practice 4 X 50			0%
5	Able to understand and be able to apply methods of training cardiac endurance	Apply the method of training cardiac endurance correctly		Lectures, demonstrations and practice 4 X 50			0%
6	Able to understand and be able to apply methods of training muscle endurance	Apply the method of training muscle endurance correctly		Lectures, demonstrations and practice 4 X 50			0%
7	Able to understand and be able to apply methods of training muscle endurance	Apply the method of training muscle endurance correctly		Lectures, demonstrations and practice 4 X 50			0%
8	UTS			4 X 50			0%
9	Able to understand and be able to apply speed training methods	Apply speed training methods correctly		Lectures, demonstrations and practice 4 X 50			0%
10	Able to understand and be able to apply speed training methods	Apply speed training methods correctly		Lectures, demonstrations and practice 4 X 50			0%
11	Able to understand and be able to apply agility training methods	Apply agility training methods correctly		Lectures, demonstrations and practice 4 X 50			0%
12	Able to understand and be able to apply agility training methods	Apply agility training methods correctly		Lectures, demonstrations and practice 4 X 50			0%
13	Able to understand and be able to apply flexibility accuracy methods	Apply the flexibility precision method correctly		Lectures, demonstrations and practice 4 X 50			0%
14	Able to understand and be able to apply flexibility accuracy methods	Apply the flexibility precision method correctly		Lectures, demonstrations and practice 4 X 50			0%
15	Able to understand and be able to apply reaction training methods	Apply the reaction training method correctly		Lectures, demonstrations and practice 4 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

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.