		Document Code
(logo UNESA)	**Universitas Negeri Surabaya** **Faculty of Sports and Health Sciences** **S1 Sports Coaching Education Study Program**	

SEMESTER LEARNING PLAN

Courses		CODE		Course Family	Credit Weight			SEMESTER	Compilation Date
Table Tennis Training Program Planning		8520204394			T=1	P=1	ECTS=3.18	5	July 17, 2024
AUTHORIZATION		**SP Developer**		**Course Cluster Coordinator**		**Study Program Coordinator**			
		....		....		Dr. Or. Muhammad, S.Pd., M.Pd.			

Learning model	**Project Based Learning**
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)

PLO-PO Matrix

P.O

PO Matrix at the end of each learning stage (Sub-PO)

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 and plans training programs in table tennis, analyzing, evaluating and applying them to training both in clubs and at school

References	**Main :**

1. Barnes, Chester, 1992, Tenis Meja Langkah Menjadi Jua ra, Semarang. Dahara Prize
2. Hafidz, Abdul, 2010, Teknik dan Dasar Tenis Meja, Surabaya. Unesa University Press
3. Hodges, Larry. 2007. Tenis Meja Tingkat Pemula (alih bahasa : Eri Desmarini Nasution). Jakarta. PT Raja Grafindo Perkasa
4. http://www.brianmac.co.uk/vo2max.htm
5. Simson, Peter, 2007, Teknik Bermain Pingpong (alih bahasa : Tana Sumpena), Bandung. PT Pionir Jaya
6. Sukadiyanto, 2005. Pengantar Teori dan Metodologi Melatih Fisik. Yogjakarta. FIK UNY

	Supporters:

Supporting lecturer	Dr. Abdul Hafidz, 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	Understand how to analyze problems (Physical conditions)	Lecture rules, lecture contract	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 2 X 50			0%

2	Understand how to analyze problems (Physical conditions)	Understanding Age Characteristics/classification in Table Tennis	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
3	Understand how to analyze problems (technical skills)	Explaining Techniques in Table Tennis	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
4	Understand how to analyze problems (technical skills)	Explaining Techniques in Table Tennis	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
5	analyzing problems (tactical skills)	Explain the meaning of tactics and types of tactics in table tennis	**Criteria:** Full marks will be given if answered correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
6	Understand how to analyze problems (tactical skills)	Explain the meaning of tactics and types of tactics in table tennis	**Criteria:** Full marks will be given if answered correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
7	Understand how to analyze mental problems	Understanding athlete psychology	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
8	Measuring the extent of student understanding		**Criteria:** Full marks will be given if you can answer all of them	4 X 50			0%
9	Understand how to analyze mental problems	Understanding athlete psychology	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
10	Understand how to train, goals of training in table tennis	Delving into the Coaching Profession	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
11	Understanding How to Create Training and Science and Technology Programs	Explaining the Importance of Prolate, Annual Prolate	**Criteria:** Full marks are obtained if you are able to explain and practice table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
12	Understanding How to Create Training and Science and Technology Programs	Explaining the Importance of Prolate, Monthly Prolate	**Criteria:** Full marks are obtained if you are able to explain the skills of making monthly prolates and table tennis techniques	Lectures, discussions, questions and answers, practice 4 X 50			0%
13	Understanding How to Create Training and Science and Technology Programs	Explaining the Importance of Prolate, Weekly and Daily Prolate	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%

14	Understand how to analyze Training Programs	Able to identify Prolate	**Criteria:** Full marks are obtained if you are able to explain, practice prolate analysis and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
15	Understand How to Evaluate Exercise Programs	Able to Evaluate Prolate and RTL	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
16	Measuring students' final abilities after studying for 1 semester		**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	4 X 50			0%

Evaluation Percentage Recap: Project Based Learning

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.