



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 Training Program Planning	8520204392	Study Program Elective Courses	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 that is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		<table border="1" style="margin: auto;"> <tr> <td style="width: 10%;">P.O</td> <td colspan="6"></td> </tr> </table>						P.O																																									
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PO Matrix at the end of each learning stage (Sub-PO)																																																
		<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 10%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">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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	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 tennis, analyzing, evaluating and applying them to training both in clubs and at school																																																
References	Main :																																																
	1. Crespo Manuel, 1997. Beginner and Intermediate Coaches Manual, London: ITF 2. Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF																																																
	Supporters:																																																
Supporting lecturer	Dr. Irmantara Subagio, M.Kes. 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	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/classifications in 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 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 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 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 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 coaching in 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 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 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 tennis technique 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 tennis technique 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 tennis technique 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 tennis technique 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.**