



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																																	
coaching for the sport sepak takraw	8520203325		T=2 P=2 ECTS=6.36	3	July 17, 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 that is charged to the course																																					
	Program Objectives (PO)																																					
	PLO-PO Matrix																																					
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; height: 30px; vertical-align: middle;">P.O</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-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 50px; height: 30px; vertical-align: middle;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px; text-align: center;">1</td> <td style="width: 20px; text-align: center;">2</td> <td style="width: 20px; text-align: center;">3</td> <td style="width: 20px; text-align: center;">4</td> <td style="width: 20px; text-align: center;">5</td> <td style="width: 20px; text-align: center;">6</td> <td style="width: 20px; text-align: center;">7</td> <td style="width: 20px; text-align: center;">8</td> <td style="width: 20px; text-align: center;">9</td> <td style="width: 20px; text-align: center;">10</td> <td style="width: 20px; text-align: center;">11</td> <td style="width: 20px; text-align: center;">12</td> <td style="width: 20px; text-align: center;">13</td> <td style="width: 20px; text-align: center;">14</td> <td style="width: 20px; text-align: center;">15</td> <td style="width: 20px; text-align: center;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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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 the basic techniques in the sport sepaktakraw which consists of the basic techniques of sila, horse kick, gouge, tread, simpuh or badek, heading, mendada, thigh, and shoulder.																																					
References	Main :																																					
	1. 1. Prawirasaputra, sudrajat. 2000. Sepak Takraw .Jakarta Pusat : Direktorat Jenderal Pendidikan Dasar Dan Menengah. 2. Prawirasaputra, Sudrajat. (2002). Prototype Pembelajaran Sepak Takraw Untuk Pembinaan Olahraga Usia Dini . Materi Seminar. Bandung: FPOK. 3. Sulaiman.2008. Sepak Takraw Pedoman Bagi Guru Olahraga , Pembina , Pelatih dan Atlet .Semarang: UPT UNNES..																																					
	Supporters:																																					
Supporting lecturer	Drs. Arif Bulqini, M.Kes. 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 coaching methods in training.	Understand coaching methods in training. Sepaktakraw correctly.		Lectures, discussions and questions and answers 4 X 50			0%																															

2	Able to understand the coaching process in training.	Understand the coaching process in training. Sepaktakraw correctly.		Lectures, discussions and questions and answers 4 X 50			0%
3	Able to understand and master how to create a correct sepaktakraw technique training program.	Understand and master how to create a sepaktakraw technique training program correctly.		Listening, Practice and discussion. 4 X 50			0%
4	Able to understand and master how to practice warming up and cooling down correctly.	Practice warming up and cooling down properly.		Listening, Practice and discussion. 4 X 50			0%
5	Able to understand and master how to train crosshairs correctly	Practicing correct soccer techniques.		Lectures, demonstrations and practice 4 X 50			0%
6	Able to understand and master how to train crosshairs correctly	Practicing correct soccer techniques.		Lectures, demonstrations and practice 4 X 50			0%
7	Able to understand and master the correct way to train horse football	Practice correct horse kicking techniques.		Lectures, demonstrations and practice 4 X 50			0%
8	UTS			4 X 50			0%
9	Able to understand and master the correct way to train kick kicks	Practice correct kicking technique.		Lectures, demonstrations and practice 4 X 50			0%
10	Able to understand and master how to practice correct treading techniques	Practice practicing correct treading techniques.		Lectures, demonstrations and practice 4 X 50			0%
11	Able to understand and master how to train hoops or badek correctly	Practice practicing the hoop or badek soccer technique correctly.		Lectures, demonstrations and practice 4 X 50			0%
12	Able to understand and master how to practice correct heading techniques	Practice correct heading techniques.		Lectures, demonstrations and practice 4 X 50			0%
13	Able to understand and master how to train correct mendayang techniques	Practice correct mendada techniques.		Lectures, demonstrations and practice 4 X 50			0%
14	Able to understand and master how to practice correct memorization techniques	Practice correct thigh technique		Lectures, demonstrations and practice 4 X 50			0%
15	Able to understand and master how to practice correct shouldering techniques	Practicing correct hand-to-hand techniques.		Lectures, demonstrations and practice 4 X 50			0%
16							0%

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.