



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																																																			
Handball Sports Coaching	8520204353	Compulsory Study Program Subjects	T=2	P=2	ECTS=6.36	3	January 1, 2024																																																			
AUTHORIZATION		SP Developer	Course Cluster Coordinator			Study Program Coordinator																																																				
		Dr. Aghus Sifaq, S.Or., M.Pd	Dr. Aghus Sifaq, S.Or., M.Pd			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)																																																									
	PO - 1	able to master the concepts and theories of handball games in the world of sports coaching																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin: auto;"> <tr><td style="padding: 5px;">P.O</td></tr> <tr><td style="padding: 5px;">PO-1</td></tr> </table>						P.O	PO-1																																																	
	P.O																																																									
PO-1																																																										
PO Matrix at the end of each learning stage (Sub-PO)																																																										
	<table border="1" style="margin: auto;"> <tr> <td style="padding: 5px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="padding: 5px;">1</td><td style="padding: 5px;">2</td><td style="padding: 5px;">3</td><td style="padding: 5px;">4</td><td style="padding: 5px;">5</td><td style="padding: 5px;">6</td><td style="padding: 5px;">7</td><td style="padding: 5px;">8</td><td style="padding: 5px;">9</td><td style="padding: 5px;">10</td><td style="padding: 5px;">11</td><td style="padding: 5px;">12</td><td style="padding: 5px;">13</td><td style="padding: 5px;">14</td><td style="padding: 5px;">15</td><td style="padding: 5px;">16</td> </tr> <tr> <td style="padding: 5px;">PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>						P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																										
PO-1																																																										
Short Course Description	This course will discuss theoretical understanding of the basic concepts of Handball, the history of Handball and its development, game rules and basic techniques, as well as being able to practice the correct basic techniques of playing Handball.																																																									
References	Main :																																																									
	1. Haris, Ridwan. 1986. Permainan Bola Tangan, Bandung . FPOK UPI. Mahendra, Agus 2002. Bola Tangan, Jakarta: Dikti. I.H.F. International Handball Federation. (2000). Comission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com																																																									
	Supporters:																																																									
Supporting lecturer	Dr. Aghus Sifaq, S.Or., M.Pd. Dr. Donny Ardy Kusuma, S.Pd., M.Kes.																																																									
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 the theory, history and development patterns of Basic Handball.	- Able to explain the theory and history of international and national Handball - Able to explain the basic introductory patterns of the game of Handball	Criteria: task Form of Assessment : Participatory Activities	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		Material: rarely Bibliography: <i>Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%
2	Able to understand the theory, history and development patterns of Basic Handball.	- Able to explain the theory and history of international and national Handball - Able to explain the basic introductory patterns of the game of Handball	Criteria: task Form of Assessment : Participatory Activities, Practice/Performance	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		Material: rarely Bibliography: <i>Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%
3	Able to understand the theory, history and development patterns of Basic Handball.	- Able to explain the theory and history of international and national Handball - Able to explain the basic introductory patterns of the game of Handball	Criteria: task Form of Assessment : Participatory Activities	Lectures, discussions, assignments, questions and answers, and 2 X 50 presentations		Material: rarely Bibliography: <i>Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%

4	Understand and identify the rules of the Handball game	<ul style="list-style-type: none"> - Understand the rules of the Handball game - Identify the rules of the Handball game 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities, Tests</p>	Lectures, discussions, questions and answers, assignments and presentations 2 X 50		<p>Material: Understand and identify the rules of the Handball game Reader: Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</p>	5%
5	Understand and identify the rules of the Handball game	<ul style="list-style-type: none"> - Understand the rules of the Handball game - Identify the rules of the Handball game 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions, questions and answers, assignments and presentations 2 X 50		<p>Material: Understand and identify the rules of the Handball game Reader: Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</p>	5%
6	Understand and identify the rules of the Handball game	<ul style="list-style-type: none"> - Understand the rules of the Handball game - Identify the rules of the Handball game 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions, questions and answers, assignments and presentations 2 X 50		<p>Material: Understand and identify the rules of the Handball game Reader: Haris, Ridwan. 1986. Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</p>	5%

7	Understand and identify the rules of the Handball game	- Understand the rules of the Handball game - Identify the rules of the Handball game	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, discussions, questions and answers, assignments and presentations 2 X 50		Material: Basic techniques Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%
8	USS (Attached)	UTS	Criteria: UTS Form of Assessment : Participatory Activities	UTS 2 X 50		Material: UTS Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	15%
9	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	Criteria: Assignments and practicums Form of Assessment : Participatory Activities, Practice/Performance	Lectures, discussions, questions and answers, demonstrations, tactical approaches and assignments 2 X 50		Material: Basic techniques Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%

10	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		Material: Basic techniques Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%
11	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		Material: Basic techniques Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%
12	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		Material: Basic techniques Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	5%

13	Understand and analyze basic Handball techniques	- Understand and analyze the basic techniques of Handball	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Practice / Performance</p>	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments		<p>Material: Basic techniques Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i></p>	5%
14	Practicing basic Handball techniques through small games.	- Practicing basic Handball techniques - Practicing small games of Handball.	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	discussion 2 X 50		<p>Material: basic Handball techniques through small games. References: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i></p>	5%
15	Practicing basic Handball techniques through small games.	- Practicing basic Handball techniques - Practicing small games of Handball.	<p>Criteria: Assignments and practicums</p> <p>Forms of Assessment : Participatory Activities, Practice/Performance, Tests</p>	discussion 2 X 50		<p>Material: basic Handball techniques through small games. References: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i></p>	5%

16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities, Practice/Performance	UAS		Material: UAS Reader: Haris, Ridwan. 1986. <i>Handball Game, Bandung. FPOK UPI. Mahendra, Agus 2002. Handball, Jakarta: Dikti. IHF International Handball Federation. (2000). Commission of Coaching and Method hand ball. Dutchland. www. IHF.com www.AHF.com</i>	15%
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Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	71.67%
2.	Practice / Performance	24.17%
3.	Test	4.17%
		100%

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.**