	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
Planning for the Sepak Takraw Sports Branch Training Program		8520204390		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

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 the coaching process and coaching method, creating training programs and how to train basic sepaktakraw techniques consisting of warming up, cooling down, sila football, horse kick, kick kick, tread, sepak simpuh or badek, heading, menda, takah, and shoulder to shoulder

References	Main :	
	1. Prawirasaputra, Sudrajat. 2000. Sepak Takraw . Jakarta Pusat: Direktorat Jenderal Pendidikan Dasar dan Menengah. Prawirasaputra, Sudrajat. 2002. Prototype Pembelajaran Sepak Takraw Untuk Pembinaan Olahraga Usia Dini . Materi Seminar. Bandung: FPOK. 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	Midterm exam			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	Practicing mendada techniques correctly.		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%

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.