



**Universitas Negeri Surabaya  
Faculty of Sports and Health Sciences  
Bachelor of Sports Science Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																
Handball	8920102201		T=0	P=2	ECTS=3.18	5	July 17, 2024																																
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																	
	.....		.....			Dr. Heri Wahyudi, S.Or., M.Pd.																																	
<b>Learning model</b>	Case Studies																																						
<b>Program Learning Outcomes (PLO)</b>	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;">P.O</td> </tr> </table>						P.O																															
P.O																																							
	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: 30px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px; height: 20px;">1</td> <td style="width: 20px; height: 20px;">2</td> <td style="width: 20px; height: 20px;">3</td> <td style="width: 20px; height: 20px;">4</td> <td style="width: 20px; height: 20px;">5</td> <td style="width: 20px; height: 20px;">6</td> <td style="width: 20px; height: 20px;">7</td> <td style="width: 20px; height: 20px;">8</td> <td style="width: 20px; height: 20px;">9</td> <td style="width: 20px; height: 20px;">10</td> <td style="width: 20px; height: 20px;">11</td> <td style="width: 20px; height: 20px;">12</td> <td style="width: 20px; height: 20px;">13</td> <td style="width: 20px; height: 20px;">14</td> <td style="width: 20px; height: 20px;">15</td> <td style="width: 20px; height: 20px;">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																							
<b>Short Course Description</b>	This course discusses various handball game techniques consisting of bottom and top passes, smashes, serves, blocks and game rules as well as game strategies and patterns.																																						
<b>References</b>	<b>Main :</b>																																						
	<ol style="list-style-type: none"> <li>1. Federation Internationale de Volleyball. 2012. Official Volleyball Rules 2013-2016 . The 33rd FIVB Congress:</li> <li>2. American Sport Education Program. 2007. Officiating Volleyball. America: Human Kinetics Inc.</li> <li>3. Mc.Intyre A. Sandra Giddens, Owen Giddens. 2015. An Insider &amp; rsquo;s Guide Volleyball. New York : The Rosen Publishiong Grup Inc.</li> <li>4. PP. PBVSI Indonesia. 2016. Peraturan Permainan Persatuan Bolavoli Seluruh Indonesia. Jakarta: PBVSI</li> <li>5. Mahfud I. dkk. 2015. Taktik dan Strategi Dalam Permainan Bolavoli . Unesa: Unipress</li> </ol>																																						
	<b>Supporters:</b>																																						
<b>Supporting lecturer</b>	Dr. Heri Wahyudi, S.Or., M.Pd. Indra Himawan Susanto, S.Or., M.Kes. Nanda Rimawati, S.K.M., M.K.M. Hijrin Fithroni, S.Or., M.Pd.																																						
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time ]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																

1	Understand the meaning and history of handball	Students are able and understand the history of handball	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good	Explanations, questions and answers, and discussion of the handbook were carried out via Zoom meeting/Google meet/Classroom 2 X 50			0%
2	Understand the meaning and history of handball	Students are able to explain basic handball techniques	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanations and questions and answers conducted via zoom meeting/Google meet/Classroom 2 X 50			0%
3	Understand and perform fitting techniques	Students are able to explain and practice passing techniques	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation and video playback of passing techniques via zoom meeting/Google meet/classroom 2 X 50			0%
4	Understand and perform smash techniques	Students are able to explain and practice smash techniques	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation and video playback of smash techniques via zoom meeting/google meet/classroom 2 X 50			0%
5	Understand and perform service techniques	Students are able to explain and practice	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation and display of service technique videos via zoom meeting/google meet/classroom 2 X 50			0%
6	Understand and carry out set up techniques	Students are able to explain and practice set up techniques	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation and video playback of the 2 X 50 set up technique			0%
7	Understand and perform block techniques	Students are able to explain and practice block techniques	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation and showing a video of the 2 X 50 block technique			0%
8	UTS	UTS	<b>Criteria:</b> UTS	UTS 2 X 50			0%
9	Understand and carry out volleyball tactics and strategies	Students are able to explain and practice tactics and strategies	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanations, questions and answers and observing volleyball matches via zoom meeting/google meet/classroom 2 X 50			0%
10	Understand and implement defense and attack systems	Students are able to explain and practice defense and attack systems in volleyball games	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation and questions and answers about defense techniques for serves from a match broadcast via zoom meeting/google meet/classroom 2 X 50			0%

11	Know the equipment for playing volleyball	Students are able to explain and practice the game of volleyball	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation of Questions and Answers 2 X 50			0%
12	Know the equipment for playing volleyball	Students are able to explain and practice the game of volleyball	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation Questions and answers 2 X 50			0%
13	Know the rules of the volleyball game	Students are able to explain and practice the rules of the volleyball game	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation Answering Questions Practicing 2 X 50			0%
14	Understand the rules of the volleyball game	Students are able to explain and practice it	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Explanation Answering questions Practicing 2 X 50			0%
15	Understand refereeing practices	Students are able to practice refereeing	<b>Criteria:</b> Full marks are obtained if you can make punching movements well and the skill results are also good.	Practice and assignments 2 X 50			0%
16	UAS	UAS	<b>Criteria:</b> UAS	Practice and assignments 2 X 50			0%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

#### Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.

