



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

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Sepak takraw	8920102155		T=2	P=0	ECTS=3.18	5	July 17, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
			Dr. Heri Wahyudi, S.Or., 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						
		P.O					
Short Course Description	This sepakraw course discusses and applies multi-disciplinary analysis of sports science with the subject of sepakraw sports studies						
References	Main :						
	1. Abdul Aziz Hakim, arif Bulqini, Sudarso. Sepaktakraw. Unesa University Pres. 2007. 2. Ach. Sofyan Hanif. Kepelatihan Dasar Sepaktakraw. Rajagrafindo. 2015. 3. Moh. Hanafi, Arif Bulqini, Abdul Aziz Hakim, Buku Ajar Sepaktakraw. Adibuana University Press. 2016 4. Ach. Sofyan Hanif. Manajemen Penyelenggaraan Pertandingan Sepaktakraw. Raja Grafindo. 2017 5. Ach. Sofyan Hanif. Sepaktakraw Untuk Pelajar. Rajagrafindo. 2017. 6. Ach Sofyan Hanif, Asri Syam. Sepaktakraw Pantai. Rajagrafindo. 2017. 7. Bambang, KS, Abdul Aziz Hakim, & Anang H.K. Biomekanika Olahraga. Kemenpora. 2014.						
	Supporters:						
Supporting lecturer	Dr. Abdul Aziz Hakim, S.Or., 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 the history of sepaktakraw and the definition of sepaktakraw.	Understand the history of the creation of seaktakraw and the correct definition of sepaktakraw		Lectures, discussions and questions and answers 2 X 50			0%
2	Able to understand the knowledge of match rules in the Sepaktakraw game	Understand the knowledge of match rules in the Sepaktakraw game.		Lectures, discussions and questions and answers 2 X 50			0%
3	Able to understand and be able to perform precept soccer movements	Perform the precept movements correctly		Lectures, demonstrations and practice 2 X 50			0%
4	Able to understand and be able to perform precept soccer movements	Perform the precept movements correctly		Lectures, demonstrations and practice 2 X 50			0%
5	Able to understand and be able to perform horse kick movements	Perform horse kick movements correctly		Lectures, demonstrations and practice 2 X 50			0%
6	Able to understand and be able to perform kick kick movements.	Perform the kicking movement correctly		Lectures, demonstrations and practice 2 X 50			0%
7	Able to understand and be able to perform treading movements.	Perform treading movements correctly		Lectures, demonstrations and practice 2 X 50			0%
8	Midterm exam			2 X 50			0%
9	Able to understand and be able to perform hoop or badek soccer movements	Do the hoop or badek movement correctly		Lectures, demonstrations and practice 2 X 50			0%
10	Able to understand and be able to perform hoop or badek soccer movements	Do the hoop or badek movement correctly		Lectures, demonstrations and practice 2 X 50			0%
11	Able to understand and be able to perform heading movements	Perform heading movements correctly		Lectures, demonstrations and practice 2 X 50			0%
12	Able to understand and be able to make sudden movements	Perform chest movements correctly		Lectures, demonstrations and practice 2 X 50			0%
13							0%
14	Able to understand and be able to carry out shoulder to shoulder movements	Perform shoulder movements correctly		Lectures, demonstrations and practice 2 X 50			0%
15	Able to master applying basic technical skills into the game	Apply basic technical skills to the game correctly		Listening, Practice and discussion 2 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.