



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences,
Bachelor of Physical Education, Health & Recreation Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date
Basic Volleyball Skills	8520102067		T=2 P=0 ECTS=3.18	3	July 18, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator
	Yuni Fitriyah Ningsih, S.Pd., M.Pd.			Dr. Mochamad Ridwan, S.Pd., M.Pd.

Learning model	Project Based Learning
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Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																				
	Program Objectives (PO)																																																				
	PO - 1	Able to be responsible for understanding the history and basic techniques of volleyball (CPL-2) Able to demonstrate independent performance and working together to produce sequential volleyball movements (CPL-5) Able to analyze problem solving in volleyball tactics, strategy, defense and attacks independently or in groups science and technology based. (CPL-7) Able to apply theoretical and practical concepts to volleyball, especially developing entrepreneurial creativity in extracurricular volleyball (CPL-11)																																																			
	PLO-PO Matrix																																																				
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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="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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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Short Course Description	This course is a course that discusses understanding the knowledge of learning tactics and strategy in the game of volleyball.
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References	Main :	<ol style="list-style-type: none"> Taufiq Dkk 2015 bolavoli ,unesa University press surabaya. Tawakal, I. (2020). Buku Jago Bola Voli. Ilmu Cemerlang Group. Muharram, N. A., & Putra, R. P. (2019). Pengembangan Buku Saku Mobile Learning Berbasis Android Tentang Signal-Signal Wasit Bolavoli Kota Kediri Listina, R. (2012). Mengenal Olahraga Bola Voli. PT Balai Pustaka (Persero). Peraturan bolavoli resmi 2021-2024 PBVSI, Jakarta
	Supporters:	<ol style="list-style-type: none"> Asri. (2019). Meningkatkan Hasil Belajar Bola Voli Melalui Modifikasi Permainan Bola Voli Mini Siswa Kelas VI SDN 020 Rambah Hilir Kabupaten Rokan Hulu Tahun Pelajaran 2018/2019. Jurnal Ilmiah Edu Research, 8(1), 1–10. Dwi, A. Y., & Kurniawan, R. (2017). Penerapan Modifikasi Permainan Bolavoli Terhadap Hasil Belajar Siswa Dalam Pembelajaran Bolavoli. JP. JOK (Jurnal Pendidikan Jasmani, Olahraga dan Kesehatan), 1(1), 1-12. Effendy, F., Kharisma, Y., & Ramadhan, R. (2020). Penggunaan Modifikasi Permainan Bolavoli Untuk Meningkatkan Kemampuan Passing Bawah. Jurnal Pendidikan Olah Raga, 9(1), 1-14.

Supporting lecturer	Dr. Nanik Indahwati, S.Pd., M.Or. Dr. Taufiq Hidayat, S.Pd., M.Kes.
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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	analyze the history and meaning of volleyball	1.1.1 Explain the history of volleyball in the world 2.1.2 Explain the history of volleyball in Indonesia	Criteria: Criteria: Test Form: Written test Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	Lectures, discussions and questions and answers 2 X 50	Lectures, discussions and questions and answers	Material: History of Volleyball Reference: <i>Listina, R. (2012). Getting to Know the Sport of Volleyball. PT Balai Pustaka (Persero).</i>	5%
2	Able to understand the rules of the volleyball game	Performing down passing techniques	Criteria: Criteria: Test Form: Written test Form of Assessment : Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers. 2 X 50	Lectures, discussions, questions and answers. 2 X 50	Material: volleyball game rules Reader: <i>Taufiq et al 2015 volleyball, Unesa University press Surabaya.</i>	5%
3	able to explain the responsibilities of match officials. Able to describe volleyball hand signals	1.Explain the responsibilities of match officials 2.Describe and understand hand signals in volleyball	Criteria: Criteria: Test Form: Written test Form of Assessment : Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments	Material: responsibilities of match officials and hand signals. Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i>	8%
4	Able to understand the volleyball scorer sheet	Explaining the scorer sheet in volleyball	Criteria: Criteria: Test Form: Written test Form of Assessment : Project Results Assessment / Product Assessment	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments	Lectures, discussions, questions and answers, demonstrations, tactical approaches and 2 X 50 assignments	Material: scorer sheet Reference: <i>Official volleyball regulations 2021-2024 PBVSI, Jakarta</i>	10%

5	Able to understand game statistics and match systems	Explains game statistics and match systems	<p>Criteria: Learning Form: Face-to-face lecture Learning Method: Lecture, discussion and question and answer. Student assignment: Independent assignment to search for scorer sheet literature. Learning Form: practice Learning Method: Project based learning</p> <ul style="list-style-type: none"> • Phase 1: Determining Basic Questions The lecturer asks: How to organize a match? Students respond to lecturer questions. • Phase 2: Prepare a project plan. The lecturer gives students time to plan a match. Students determine the players and attack tactics and are responsible for carrying out their duties as match officials. • Phase 3: Prepare a schedule. The lecturer makes an agreement on the time for the match simulation. Students prepare a timeline to complete the match organizing project. • Phase 4: Monitoring Lecturers monitor the match simulation process. Students carry out match simulations in accordance with the agreement • Phase 5: Experience Evaluation Lecturers provide suggestions and input regarding the implementation of volleyball match simulations [TM: 3x170'] <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment</p>	Lectures, discussions, demonstrations, tactical approaches, questions and answers and assignments. 2 X 50	Lectures, discussions, demonstrations, tactical approaches, questions and answers and assignments. 2 X 50	<p>Material: game statistics and match system Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i></p>	7%
6	Able to identify volleyball movements in sequence	<ol style="list-style-type: none"> 1.Explain the various volleyball movements 2.Classifying volleyball movements 3.Analyze volleyball movements 	<p>Criteria: Criteria: Test Form: Written test</p> <p>Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions, demonstrations, questions and answers and assignments. 2 X 50	Lectures, discussions, demonstrations, questions and answers and assignments. 2 X 50	<p>Material: sequential volleyball movements Reference: <i>Taufiq et al 2015 volleyball, Unesa University press Surabaya.</i></p>	4%
7	Explain the player's position strategy (serve defense, spike defense, block/cover spike defense)	<ol style="list-style-type: none"> 1.Explain the movement of lower passing and upper passing 2.Classify lower passing and upper passing movements 3.Analyze lower passing and upper passing movements 	<p>Criteria: Learning Form: Face-to-face lecture Learning Method: Lecture, discussion and question and answer. Student assignment: Independent assignment to search for passing literature</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments	<p>Material: lower passing and upper passing movements Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i></p>	8%

8	able to identify serve movements sequentially	Do the blocking technique	<p>Criteria: Learning Form: Face-to-face lecture Learning Method: Lecture, discussion, question and answer and practice. Practice doing block techniques</p> <p>Form of Assessment : Assessment of Project Results / Product Assessment, Practices / Performance</p>	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments	<p>Material: serve movement Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i></p>	8%
9	UTS	UTS	<p>Criteria: Criteria: UTS Form: Written Test</p> <p>Form of Assessment : Project Results Assessment / Product Assessment, Test</p>	Written Test 2 X 50	Written Test 2 X 50	<p>Material: volleyball exam questions Library: <i>Taufiq et al 2015 volleyball, Unesa University press Surabaya.</i></p>	5%
10	Able to identify sequential block movements	Explain block movements (cross step and side step)	<p>Criteria: Learning Form: Face-to-face lecture Learning Method: Lecture, discussion, question and answer and practice. Practice doing block techniques</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment, Practical / Performance</p>	Demonstration, discussion and question and answer 2 X 50	Demonstration, discussion and question and answer 2 X 50	<p>Material: sequential block movements Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i></p>	8%
11	Able to identify sequential spike movements	1.11.1 Explain spike movement 2.11.2 Practice spike movements	<p>Criteria: Criteria: Form Test: Practice spike movements</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	Demonstration, discussion and question and answer 2 X 50	Demonstration, discussion and question and answer 2 X 50	<p>Material: sequential spike movements Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i></p>	5%
12	Able to identify player position strategies (serve defense, spike defense, block/cover spike defense)	12.1 Explain player position strategies (serve defense, spike defense, block/cover spike defense)	<p>Criteria: Learning Form: Face-to-face lecture Learning Method: Lecture, discussion, question and answer and practice. Explain the player's position strategy (serve defense, spike defense, block/cover spike defense)</p> <p>Form of Assessment : Assessment of Project Results / Product Assessment, Practices / Performance</p>	Learning: Demonstration, discussion and question and answer 2 X 50	Learning: Demonstration, discussion and question and answer 2 X 50	<p>Material: player position strategy (serve defense, spike defense, block/cover spike defense) References: <i>Listina, R. (2012). Getting to Know the Sport of Volleyball. PT Balai Pustaka (Persero).</i></p>	4%
13	Able to identify player position strategies (serve defense, spike defense, block/cover spike defense)	12.1 Explain player position strategies (serve defense, spike defense, block/cover spike defense)	<p>Criteria: Learning Form: Face-to-face lecture Learning Method: Lecture, discussion, question and answer and practice. Explain the player's position strategy (serve defense, spike defense, block/cover spike defense)</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Learning: Demonstration, discussion and question and answer 2 X 50	Learning: Demonstration, discussion and question and answer 2 X 50	<p>Material: player position strategy (serve defense, spike defense, block/cover spike defense) References: <i>Listina, R. (2012). Getting to Know the Sport of Volleyball. PT Balai Pustaka (Persero).</i></p>	3%

14	Able to identify attacks sequentially serving and spike attacks	1.14.1 Identify sequential attacks 2.14.2 Analyze attacks sequentially	Criteria: Criteria: Test Form: Written test Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments		Material: sequential attacks, serve and spike attacks. Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i>	10%
15	Able to identify attacks sequentially serving and spike attacks	1. Identify attacks sequentially 2. Analyze attacks sequentially	Criteria: Criteria: Test Form: Written test Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practice / Performance	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments	Lectures, discussions, demonstrations, tactical approaches, questions and answers and 2 X 50 assignments	Material: sequential attacks, serve and spike attacks. Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i>	5%
16	Master the game, competition	Games	Criteria: Criteria: Form Test: Playing Practice Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Doing 2 X 50 exam and practice questions	Doing 2 X 50 exam and practice questions	Material: overall volleyball material Reference: <i>Taufiq et al. 2015 volleyball, Unesa University press Surabaya.</i>	5%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	26.58%
2.	Project Results Assessment / Product Assessment	47.58%
3.	Portfolio Assessment	4.58%
4.	Practical Assessment	4.33%
5.	Practice / Performance	14.42%
6.	Test	2.5%
		99.99%

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.

