



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

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																												
Futsal	8520102243	Study Program Elective Courses	T=0	P=0	ECTS=0	3	April 29, 2023																																																																												
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																													
	Mochamad Ridwan, S.Pd.,M.Pd		Dr. Setiyo Hartoto, M.Kes			Dr. Mochamad Ridwan, S.Pd., M.Pd.																																																																													
Learning model	Project Based Learning																																																																																		
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																		
	Program Objectives (PO)																																																																																		
	PO - 1	Able to understand and master the history of futsal, basic futsal techniques, futsal rules and apply the learning process at school																																																																																	
	PO - 2	organizing matches (officiating and having a responsible attitude towards learning tasks and officiating futsal)																																																																																	
	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;"> <thead> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr> <td>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> </tr> <tr> <td>PO-2</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> </tbody> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																
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Short Course Description	This course discusses understanding the basic concepts of basic futsal skills, the history of futsal, regulations and their application in the teaching and learning process. Lectures are carried out with lectures, practices, assignments, assignments, projects and reflections.																																																																																		
References	Main :																																																																																		
	<ol style="list-style-type: none"> Moore, R., Bullough, S., Goldsmith, S., & Edmondson, L. (2014). A systematic review of futsal literature. <i>American Journal of Sports Science and Medicine</i> , 2 (3), 108-116. Naser, N., Ali, A., & Macadam, P. (2017). Physical and physiological demands of futsal. <i>Journal of Exercise Science & Fitness</i> , 15 (2), 76-80. Berdejo-del-Fresno, D. (2014). A review about futsal. <i>American Journal of Sports Science and Medicine</i> , 2 (3), 70-70. Castagna, C., D'Ottavio, S., Vera, J. G., & Álvarez, J. C. B. (2009). Match demands of professional Futsal: a case study. <i>Journal of Science and medicine in Sport</i> , 12 (4), 490-494. Hermans, V., & Engler, R. (2010). <i>Futsal: Technique, tactics, training</i> . Meyer & Meyer Verlag. 																																																																																		
	Supporters:																																																																																		
	<ol style="list-style-type: none"> Darmawan, G., & Ridwan, M. (2018). Daya Tahan Cardiorespiratory Wasit Futsal Level III. <i>BRAVO'S (Jurnal Prodi Pendidikan Jasmani & Kesehatan)</i>, 6(4), 156-159. 																																																																																		
Supporting lecturer	Nanang Indriarsa, S.Pd., M.Psi.T. Dr. Mochamad Ridwan, S.Pd., M.Pd. Moh. Fathur Rohman, S.Pd., M.Pd.																																																																																		

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	Explain the theory and history of world and Indonesian futsal	- Explains the theory and history of national futsal - Explains the theory and history of world futsal	Criteria: 1. 2.liveliness Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	case study 2 X 50		Material: Explaining the history of national and international futsal References: Moore, R., Bullough, S., Goldsmith, S., & Edmondson, L. (2014). A systematic review of futsal literature. <i>American Journal of Sports Science and Medicine</i> , 2(3), 108-116.	5%
2	Explain the theory and history of world and Indonesian futsal	- Explains the theory and history of national futsal - Explains the theory and history of world futsal	Criteria: liveliness Form of Assessment : Project Results Assessment / Product Assessment	Case study and problem based learning 2 X 50		Material: Explaining the history of national and international futsal Reference: Naser, N., Ali, A., & Macadam, P. (2017). <i>Physical and physiological demands of futsal. Journal of Exercise Science & Fitness</i> , 15(2), 76-80. Material: Explaining the history of national and international futsal Reference: Berdejo-del-Fresno, D. (2014). A review about futsal. <i>American Journal of Sports Science and Medicine</i> , 2(3), 70-70.	5%
3	explain futsal rules individually and in groups	1. Identify the rules of the futsal game 2. Explain the rules of the futsal game	Criteria: liveliness Form of Assessment : Practice/Performance, Test	lectures, discussions and assignments 2 X 50		Material: Explaining the rules of the futsal game References: Castagna, C., D'Ottavio, S., Vera, JG, & Álvarez, JCB (2009). <i>Match demands of professional Futsal: a case study. Journal of Science and medicine in Sport</i> , 12(4), 490-494.	5%
4	explain futsal rules individually and in groups	1. Identify the rules of the futsal game 2. Explain the rules of the futsal game	Criteria: know the rules of futsal individually Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	lectures, discussions and assignments 2 X 50		Material: Explaining the rules of the futsal game References: Hermans, V., & Engler, R. (2010). <i>Futsal: Technique, tactics, training</i> . Meyer & Meyer Verlag.	5%

5	Practice and analyze basic futsal skills	<ol style="list-style-type: none"> 1. Perform basic futsal techniques 2. Analyze basic futsal techniques 3. Implementation of small sided games 	<p>Criteria: able to analyze basic futsal skills</p> <p>Form of Assessment : Practice / Performance</p>	demonstration, case study and 2 X 50 assignment		<p>Material: Small sided games simulation</p> <p>Reference: <i>Darmawan, G., & Ridwan, M. (2018). Level III Futsal Referee Cardiorespiratory Endurance. BRAVO'S (Journal of Physical Education & Health Study Program), 6(4), 156-159.</i></p>	5%
6	Practice and analyze basic futsal skills	<ol style="list-style-type: none"> 1. Perform basic futsal techniques 2. Analyze basic futsal techniques 3. Implementation of small sided games 	<p>Criteria: students are able to analyze basic futsal skills</p> <p>Form of Assessment : Participatory Activities</p>	demonstration, case study and 2 X 50 assignment		<p>Material: Simulation of small sided games</p> <p>References: <i>Moore, R., Bullough, S., Goldsmith, S., & Edmondson, L. (2014). A systematic review of futsal literature. American Journal of Sports Science and Medicine, 2(3), 108-116.</i></p>	5%
7	Practice and analyze basic futsal skills	<ol style="list-style-type: none"> 1. Perform basic futsal techniques 2. Analyze basic futsal techniques 3. Implementation of small sided games 	<p>Criteria: students are able to practice basic futsal skills</p> <p>Form of Assessment : Participatory Activities</p>	demonstration, case study and 2 X 50 assignment		<p>Material: Small sided games simulation</p> <p>Reference: <i>Berdejo-del-Fresno, D. (2014). A review about futsal. American Journal of Sports Science and Medicine, 2(3), 70-70.</i></p>	5%
8	able to explain and practice meeting material 1-7	<ol style="list-style-type: none"> 1. able to explain the history and development of national and international futsal 2. able to practice basic futsal technical skills 	<p>Criteria: Students are able to answer meeting material questions 1-7</p> <p>Forms of Assessment : Project Results Assessment / Product Assessment, Practical Assessment, Tests</p>	written test and 2 X 50 performance test		<p>Material: Practicing basic futsal technical skills</p> <p>References: <i>Moore, R., Bullough, S., Goldsmith, S., & Edmondson, L. (2014). A systematic review of futsal literature. American Journal of Sports Science and Medicine, 2(3), 108-116.</i></p>	5%
9	Practicing and analyzing basic futsal techniques	<ol style="list-style-type: none"> 1. Perform basic futsal techniques 2. Analyze basic futsal techniques. 3. Implementation of mini games 	<p>Criteria: students practice basic futsal techniques</p> <p>Form of Assessment : Participatory Activities</p>	demonstrations, assignments and case studies 2 X 50		<p>Material: Mini games</p> <p>Reference: <i>Berdejo-del-Fresno, D. (2014). A review about futsal. American Journal of Sports Science and Medicine, 2(3), 70-70.</i></p>	5%
10	Practicing and analyzing basic futsal techniques	<ol style="list-style-type: none"> 1. Perform basic futsal techniques 2. Analyze basic futsal techniques. 3. Implementation of mini games 	<p>Criteria: liveliness</p> <p>Form of Assessment : Practical Assessment, Practice/Performance, Test</p>	demonstrations, assignments and case studies 2 X 50		<p>Material: Mini games</p> <p>References: <i>Hermans, V., & Engler, R. (2010). Futsal: Technique, tactics, training . Meyer & Meyer Verlag.</i></p>	5%

11	carry out mini officiating in futsal matches	1.become a futsal match device 2.practice basic skills in playing futsal	Criteria: Synthesis capabilities Form of Assessment : Participatory Activities	demonstrations, assignments and case studies 2 X 50		Material: Officiating futsal Reference: <i>Darmawan, G., & Ridwan, M. (2018). Level III Futsal Referee Cardiorespiratory Endurance. BRAVO'S (Journal of Physical Education & Health Study Program), 6(4), 156-159.</i>	5%
12	carry out mini officiating in futsal matches	1.become a futsal match device 2.practice basic skills in playing futsal	Criteria: students carry out mini officiating in the match Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment	demonstrations, assignments and case studies 2 X 50		Material: Officiating futsal Reference: <i>Berdejo-del-Fresno, D. (2014). A review about futsal. American Journal of Sports Science and Medicine, 2(3), 70-70.</i>	5%
13	carry out mini officiating in futsal matches	1.become a futsal match device 2.practice basic skills in playing futsal	Criteria: carry out mini officiating in the match Form of Assessment : Practice / Performance	demonstrations, assignments and case studies 2 X 50		Material: Officiating futsal Reference: <i>Hermans, V., & Engler, R. (2010). Futsal: Technique, tactics, training . Meyer & Meyer Verlag.</i>	5%
14	carry out mini officiating in futsal matches	1.become a futsal match device 2.practice basic skills in playing futsal	Criteria: carry out mini officiating in the match Form of Assessment : Participatory Activities	demonstrations, assignments and case studies 2 X 50		Material: match simulation Reference: <i>Berdejo-del-Fresno, D. (2014). A review about futsal. American Journal of Sports Science and Medicine, 2(3), 70-70.</i>	15%
15	carry out an overall evaluation of meetings 1-14	perform playing skills and become a match device	Criteria: students carry out evaluations from meetings 1-14 Form of Assessment : Participatory Activities	case study and problem based learning 2 X 50		Material: meeting evaluation 1-14 References: <i>Moore, R., Bullough, S., Goldsmith, S., & Edmondson, L. (2014). A systematic review of futsal literature. American Journal of Sports Science and Medicine, 2(3), 108-116.</i>	10%
16	UAS Knowledge	Students are able to answer questions correctly	Criteria: Students can work on questions from meeting material 1 - 15 Forms of Assessment : Project Results Assessment / Product Assessment, Practical Assessment, Tests	2x 50		Material: Answering final semester exam questions for meetings 1-15 References: <i>Hermans, V., & Engler, R. (2010). Futsal: Technique, tactics, training . Meyer & Meyer Verlag.</i>	10%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	51.67%
2.	Project Results Assessment / Product Assessment	16.67%
3.	Practical Assessment	6.67%
4.	Practice / Performance	15.84%

5.	Test	9.17%
		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.