

 <b>UNESA</b>	<b>Universitas Negeri Surabaya</b> <b>Faculty of Sports and Health Sciences</b> <b>S1 Sports Coaching Education Study Program</b>						<b>Document Code</b>																																																	
<b>SEMESTER LEARNING PLAN</b>																																																								
<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																																	
Physical, Technical, Tactics & Mental Training Methods for Futsal Sport	8520204501		T=1	P=0	ECTS=1.59	4	July 17, 2024																																																	
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																																		
	.....		.....			Dr. Or. Muhammad, S.Pd., M.Pd.																																																		
<b>Learning model</b>	<b>Case Studies</b>																																																							
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																																							
	<b>Program Objectives (PO)</b>																																																							
	<b>PO - 1</b>	1																																																						
	<b>PLO-PO Matrix</b>																																																							
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<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																																								
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<b>Short Course Description</b>	This course discusses methods and forms of physical, technical, tactical and mental training.																																																							
<b>References</b>	<b>Main :</b>																																																							
	<ol style="list-style-type: none"> <li>1. Irawan A. 2009. Teknik Dasar Modern Futsal . Jakarta Pusat: Penerbit Pena Pundi Asmara.</li> <li>2. Murhananto. 2006. Dasar-dasar permainan futsal (sesuai dengan peraturan FIFA) . PT Kawan Pustaka. Jakarta</li> <li>3. Justinus Lhaksana, Ishak H. Pardosi. 2008. Inspirasi dan Spirit Futsal ,</li> <li>4. Tim Burn, Holistic Futsal,</li> <li>5. AFC. 2014. level one license coaching course. Asean Football Confederation.</li> <li>6. Lhaksana, Justinus. 2014. Taktik dan Strategi Futsal Modern . Be Champion (Penebar Swadaya Group). Jakarta:</li> <li>7. Harsono. 2018. Latihan Kondisi Fisik, Bandung. PT Remaja Rosdakarya.</li> <li>8. Sukadianto dan Muluk, Dangsina. 2011. Pengantar Teori dan Metodologi Melatih Fisik, Bandung. CV LUBUK AGUNG.</li> </ol>																																																							
	<b>Supporters:</b>																																																							

Supporting lecturer		Drs. Arif Bulqini, M.Kes. I Dewa Made Aryananda Wijaya Kusuma, S.Pd., M.Or. Bhekti Lestari, S.Pd., M.Kes. Rizky Muhammad Sidik, S.Pd., M.Ed.					
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 and coaching processes in training.	Understand coaching methods and coaching processes in practicing basic futsal techniques correctly		- Lecture - Discussion - Practice 4 X 50			0%
2	Able to understand and master the method of training ball feeling correctly.	Practice correct ball feeling.		- Lecture - Discussion - Practice 4 X 50			0%
3	Able to understand and master the methods of practicing passing, wall passing and ball control correctly.	Practice passing, wall passing and ball control correctly.		- Lecture - Discussion - Practice 4 X 50			0%
4	Able to understand and master the method of training body shielding and turning correctly.	Practice body shielding and turning correctly.		- Lecture - Discussion - Practice 4 X 50			0%
5	Able to understand and master the method of training dribbling and running with the ball correctly.	Practice coaching, dribbling and running with the ball correctly.		- Lecture - Discussion - Practice 4 X 50			0%
6	Able to understand and master the method of training feinting and shooting correctly.	Practicing correct feinting and shooting		- Lecture - Discussion - Practice 4 X 50			0%
7	Able to understand and master the method of training goal keeping correctly.	Practicing goal keeping correctly.		- Lecture - Discussion - Practice 4 X 50			0%
8	MIDTERM EXAM	Able to answer all questions correctly		4 X 50			0%
9	Able to understand and master the methods of training Attacking, Defending and Transition Tactics. correctly.	Practicing Attacking, Defending and Transition Tactics. correctly.		- Lecture - Discussion - Practice 4 X 50			0%

10	Able to understand and master the methods of training Attacking, Defending and Transition Tactics. correctly.	Practicing Attacking, Defending and Transition Tactics. correctly		- Lecture - Discussion - Practice 4 X 50			0%
11	Able to understand and master endurance training methods correctly.	Practice endurance training properly		- Lecture - Discussion - Practice 4 X 50			0%
12	Able to understand and master the method of training Strength correctly.	Practicing Strength training properly.		- Lecture - Discussion - Practice 4 X 50			0%
13	Able to understand and master the Speed training method correctly.	Practice training Speed correctly.		- Lecture - Discussion - Practice 4 X 50			0%
14	Able to understand and master the method of training Agility correctly.	Practicing Agility correctly		- Lecture - Discussion - Practice 4 X 50			0%
15	Able to understand and master endurance training methods correctly.	Understand & practice mental drills in real games		- Lecture - Discussion - Practice 4 X 50			0%
16	FINAL EXAMS			4 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%.

12. TM=Face to face, PT=Structured assignments, BM=Independent study.