	Universitas Negeri Surabaya **Faculty of Sports and Health Sciences** **S1 Sports Coaching Education Study Program**				**Document Code**

SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Physical, Technical, Tactics & Mental Training Methods for Table Tennis		8520204510		T=1	P=0	ECTS=1.59	4	July 17, 2024
AUTHORIZATION		**SP Developer**		**Course Cluster Coordinator**			**Study Program Coordinator**	
		....		....			Dr. Or. Muhammad, S.Pd., M.Pd.	

Learning model	Case Studies
Program Learning Outcomes (PLO)	**PLO study program that is charged to the course**
	Program Objectives (PO)
	PLO-PO Matrix
	P.O
	PO Matrix at the end of each learning stage (Sub-PO)
	P.O — Week

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	This course discusses how to train physically, technically, tactically and mentally in table tennis

References	**Main :**
	1. Bakker, Theo, 1993, Tenis Meja : Pelajaran, Perlengkapan, Teknik (Alih Bahasa : Tjun Surjaman), Jakarta : PT Rosda Jaya Putra 2. Barnes, Chester, 1992, Tenis Meja Langkah Menjadi Jua ra, Semarang : Dahara Prize 3. Hafidz, Abdul, 2010, Teknik dan Dasar Tenis Meja, Surabaya : Unesa University Press 4. Hodges, Larry, 2007, Tenis Meja Tingkat Pemula (alih bahasa : Eri Desmarini Nasution), Jakarta : PT Raja Grafindo Perkasa 5. Kertamanah, Alex, 2003, Teknik dan Taktik Mahir Permainan Tenis M eja, Jakarta : PT Raja Grafindo Perkasa 6. Peraturan Tenis Meja : 2009-2010 (Sumber ITTF), Jakarta : Jurnal Tenis Meja 7. Simson, Peter, 2007, Teknik Bermain Pingpong (alih bahasa : Tana Sumpena), Bandung : PT Pionir Jaya
	Supporters:
Supporting lecturer	Dr. Abdul Hafidz, S.Pd., M.Pd. Dony Andrijanto, S.Pd., M.Kes.

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	Understand how to train physically in table tennis	Lecture rules, lecture contract	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%

2	Understand how to train physically in table tennis	Understanding Age Characteristics/classification in Table Tennis	**Criteria:** Full marks will be given if you can explain correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
3	Understand how to practice technique in table tennis	Explaining Techniques in Table Tennis	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
4	Understand how to practice technique in table tennis	Explaining Techniques in Table Tennis	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
5	Understand how to practice technique in table tennis	Explain the meaning of tactics and types of tactics in table tennis	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
6	Understand how to practice technique in table tennis	Footwork Techniques	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
7	Understand how to practice technique in table tennis	loop technique	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
8	Knowing Initial understanding ability to train			4 X 50			0%
9	Understand how to practice tactics in table tennis	Delving into the Athlete Profession	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
10	Understand how to practice tactics in table tennis	Delving into the Coaching Profession	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
11	Understand how to train mentally in table tennis	Understanding athlete psychology	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%
12	Understand how to train mentally in table tennis	Explaining the Importance of Prolate, Monthly Prolate	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
13	Understand how to train mentally in table tennis	Explaining the Importance of Prolate, Weekly and Daily Prolate	**Criteria:** Full marks are obtained if you do all the questions correctly	Lectures, discussions, questions and answers, practice 4 X 50			0%

14	Understanding the form of mental abilities of athletes	Able to identify prolate and psychology	**Criteria:** Full marks are obtained if you are able to explain, practice making prolates and table tennis technical skills	Lectures, discussions, questions and answers, practice 4 X 50			0%
15	Knowing Final abilities			4 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

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.