



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

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>	<b>SEMESTER</b>	<b>Compilation Date</b>																																	
Individual Performance Analysis (Pitch tennis)	8920102293	Study Program Elective Courses	T=2 P=0 ECTS=3.18	5	July 18, 2024																																	
<b>AUTHORIZATION</b>		<b>SP Developer</b>	<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>																																	
		panji bana S.Pd., M.Pd	Dr. Heri Wahyudi, S.Or., M.Pd.		Dr. Heri Wahyudi, S.Or., M.Pd.																																	
<b>Learning model</b>	<b>Project Based Learning</b>																																					
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program that is charged to the course</b>																																					
	<b>PLO-5</b>	able to carry out theoretical analysis of the relationship between human anatomy and the implementation of human functions in physical activity and sports, especially in the field of sports science studies." (PLO-4)																																				
	<b>PLO-7</b>	Able to understand, analyze and evaluate and apply scientific theories, especially physical fitness, mental health and social health in the field of sports science. (PLO-7)																																				
	<b>PLO-9</b>	Able to develop oneself and have scientific theoretical concepts, especially in the field of sports science, which are based on an intelligent, honest and responsible attitude. (PLO-9)																																				
	<b>PLO-11</b>	Able to formulate and develop sports science in relation to physical activity, sports and traditional games in the Industrial and World of Work (IDUKA) environment and society in general. (PLO-1)																																				
	<b>Program Objectives (PO)</b>																																					
	<b>PLO-PO Matrix</b>																																					
		<table border="1" style="margin: auto;"> <tr> <td style="width: 20%;">P.O</td> <td style="width: 20%;">PLO-5</td> <td style="width: 20%;">PLO-7</td> <td style="width: 20%;">PLO-9</td> <td style="width: 20%;">PLO-11</td> </tr> </table>					P.O	PLO-5	PLO-7	PLO-9	PLO-11																											
	P.O	PLO-5	PLO-7	PLO-9	PLO-11																																	
	<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																					
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 10%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">16</td> </tr> </table>					P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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<b>Short Course Description</b>	This course introduces history and facilities, hitting techniques, strategies and tactics as well as refereeing in the game of tennis based on correct concepts and the values contained therein based on the basic concepts of the Sports Science discipline.																																					
<b>References</b>	<b>Main :</b>																																					
	<ol style="list-style-type: none"> <li>1. Anderson, Kirk. 2009. Coaching Tennis Technical and Tactical Skills . United State. Human Kinetic.</li> <li>2. Brown Jim. 1996. Tenis Tingkat Pemula . Jakarta. PT. Raja Grafindo Pesrada.</li> <li>3. Murti, Handono. 2002. Tenis sebagai Prestasi dan Profesi . Cetakan Pertama. Jakarta. Tyas Biratno Pallai.</li> <li>4. Advendi K &amp; Anung P, 2009. Tenis Lapangan . Cetakan Pertama. Unesa University Press.</li> <li>5. Akhyar Matra. 1992. Penataran Wasit Tennis Tingkat Nasional.</li> </ol>																																					
	<b>Supporters:</b>																																					
<b>Supporting lecturer</b>	Dr. Pudjijuniarto, M.Pd. Dr. Heri Wahyudi, S.Or., M.Pd. Panji Bana, M.Pd.																																					
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																															
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																															

1	Understanding a brief history of field tennis. Understanding field tennis equipment and courts	1.Learn a brief history of Lawn Tennis 2.Studying Court Tennis Equipment 3.Study the condition and shape of the tennis court	<b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Explanation Questions and answers Discussing the 2 X 50 handbook			5%
2	Understand and be able to carry out the basic principles of playing tennis	Observe and practice the basic principles of playing Lawn Tennis	<b>Form of Assessment :</b> Participatory Activities	Explanation Questions and answers Practice 2 X 50			5%
3	Understand and be able to master Groundstroke techniques and theory (Forehand & Backhand)	1.Learn and perform Forehand stroke techniques 2.Learn and perform Backhand techniques	<b>Form of Assessment :</b> Participatory Activities	Explanation Questions and answers Practice 2 X 50			5%
4	Understand and be able to master Groundstroke techniques and theory (Forehand & Backhand)	1.Learn and perform Forehand stroke techniques 2.Learn and perform Backhand techniques	<b>Form of Assessment :</b> Participatory Activities	Explanation Questions and answers Practice 2 X 50			5%
5	Understand and be able to master Serving and Volleyball techniques	1.Learn and perform Serving Techniques 2.Learn and perform Volleyball techniques 3.learn and perform slice techniques	<b>Forms of Assessment :</b> Participatory Activities, Practical Assessment, Practical / Performance	Explanation Q&A Practice 2 X 50			10%
6	Understand and be able to master Serving and Volleyball techniques	1.Learn and perform Serving Techniques 2.Learn and perform Volleyball techniques	<b>Form of Assessment :</b> Participatory Activities	Explanation Q&A Practice 2 X 50			5%
7	Understand and be able to master Lob and Smes punch techniques	1.Learn and perform the Lob Shot Technique 2.Learn and perform the Smes Punch Technique	<b>Form of Assessment :</b> Participatory Activities	Explanation Q&A Practice 2 X 50			5%
8	MIDTERM EXAM		<b>Criteria:</b> Full marks are obtained if you do all the questions correctly.  <b>Forms of Assessment :</b> Participatory Activities, Practical Assessment, Practical / Performance	2 X 50			10%
9	Understand and be able to play approach shots, passing shots, drop shots and half volleys	Learn and perform approach shot, passing shot, dropshot and half volley techniques	<b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Explanation Q&A Practice 2 X 50			5%

10	Understand and be able to play approach shots, passing shots, drop shots and half volleys	Learn and perform approach shot, passing shot, dropshot and half volley techniques	<b>Form of Assessment :</b> Participatory Activities	ExplanationQ&APractice 2 X 50			5%
11	Understand and be able to play the rules of Singles and Doubles games	Learn and practice Singles and Doubles games	<b>Form of Assessment :</b> Participatory Activities, Practice/Performance	ExplanationQ&APractice 2 X 50			5%
12	Understand and be able to play the rules of Singles and Doubles games	Learn and practice Singles and Doubles games		ExplanationQ&APractice 2 X 50			5%
13	Understand and master Field Tennis Refereeing	Study and practice Refereeing	<b>Form of Assessment :</b> Participatory Activities	ExplanationQ&APractice 2 X 50			5%
14	Understand and master Field Tennis Refereeing	Study and practice Refereeing		ExplanationQ&APractice 2 X 50			5%
15	Understand and be able to organize Field Tennis matches	Carrying out a field tennis match	<b>Form of Assessment :</b> Participatory Activities, Practice/Performance	ExplanationQuestions and AnswersSimulation 2 X 50			10%
16	FINAL EXAMS		<b>Criteria:</b> Full marks are obtained if you do all the questions correctly.  <b>Forms of Assessment :</b> Participatory Activities, Practical Assessment, Practical / Performance	2 X 50			20%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	60.83%
2.	Practical Assessment	13.33%
3.	Practice / Performance	25.83%
		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.