



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

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																
Football	8920102153		T=2	P=0	ECTS=3.18	5	July 17, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																	
			Dr. Heri Wahyudi, S.Or., M.Pd.																																	
Learning model	Project Based Learning																																						
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
	<table border="1" style="margin: auto;"> <tr> <td style="width: 10%; text-align: center;">P.O</td> <td colspan="16"></td> </tr> </table>							P.O																															
P.O																																							
Short Course Description	PO Matrix at the end of each learning stage (Sub-PO)																																						
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 5%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 2%;">1</td> <td style="width: 2%;">2</td> <td style="width: 2%;">3</td> <td style="width: 2%;">4</td> <td style="width: 2%;">5</td> <td style="width: 2%;">6</td> <td style="width: 2%;">7</td> <td style="width: 2%;">8</td> <td style="width: 2%;">9</td> <td style="width: 2%;">10</td> <td style="width: 2%;">11</td> <td style="width: 2%;">12</td> <td style="width: 2%;">13</td> <td style="width: 2%;">14</td> <td style="width: 2%;">15</td> <td style="width: 2%;">16</td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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 the history of the development of football, the basic physical techniques and tactics of the game as well as the rules of games and matches as well as refereeing for the sport of football.																																						
References	Main :																																						
	<ol style="list-style-type: none"> 1. Mustofa, Romli. 2011. Sepakbola Kehidupan. Jakarta: Simbiosis Rekatama Media. 2. Charles, Tony dan Rook, Stuart. 2012. 101 Sesi Latihan Sepakbola untuk Pemain Muda. Jakarta: Indeks. 3. Scheunemann, Timo. Reyna, C. Perez, J. Gunadi, P. 2012. Kurikulum dan Pedoman Dasar Sepakbola Indonesia . Jakarta:PSSI. 4. Kertamanah, Alex. 1993. Olahraga Tenis Meja Jilid 2 . Bandung: CV. Pionir Jaya. 5. Batty, Eric C. 2013. Latihan Sepakbola Metode Baru Serangan . Bandung: CV Pionir Jaya. 6. Coerver, Wiel. 1987. Sepakbola Program Pembinaan Pemain Ideal. Jakarta : Gramedia. 7. Luxbacher, JA. 1997. Sepakbola . Jakarta: PT Raja Grafindo Persada. 8. Sneyers, J. 1988. Sepakbola Latihan dan Strategi Bermain . Jakarta: Rosda Jaya. 9. Widdows, R. & Buckle, P. 1981. Sepakbola Ketrampilan, Taktik, dan Fakta. Hong Kong: Octopus Books Limited 																																						
	Supporters:																																						
Supporting lecturer	Dr. Achmad Widodo, M.Kes. Mokhammad Nur Bawono, S.Or., M.Kes. Testa Adi Nugraha, 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	Understand the lecture rules	<p>1.Able to understand and implement lecture rules</p> <p>2.Able to understand and discuss matters related to football learning</p>	<p>Criteria:</p> <p>1.The assessment is carried out on the following aspects:</p> <p>2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10</p>	Lectures and Discussions 2 X 50		0%
2	Understand the history of the development of football	Able to explain the history and development of football in the world and Indonesia	<p>Criteria:</p> <p>1.The assessment is carried out on the following aspects:</p> <p>2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10</p>	Lectures, discussions and structured assignments 2 X 50		0%

3	Mastering the theory of warm-up practice with the ball and without the ball in the sport of football.	Able to warm up with the ball and without the ball in the sport of football	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and practice questions, structured assignments 2 X 50		0%
4	Mastering the theory of warm-up practice with the ball and without the ball in the sport of football	Able to warm up with the ball and without the ball in the sport of football	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments		0%

5	Mastering the practical theory of basic technical skills of passing, controlling and dribbling	Able to explain and practice basic technical skills of passing, controlling and dribbling	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments		0%
6	Mastering the practical theory of basic technical skills of passing, controlling and dribbling	Able to explain and practice basic technical skills of passing, controlling and dribbling	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments		0%

7	Mastering the practical theory of basic technical skills for heading, shooting and goal keeping	Able to explain and practice basic heading and shooting technical skills	Criteria: 1. The assessment is carried out on the following aspects: 2. Participation during lectures is carried out through observation and is given weight. Submative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments			0%
8	MIDTERM EXAM			2 X 50			0%
9	Mastering the practical theory of basic technical skills for heading, shooting and goal keeping	Able to explain and practice basic heading, shooting and goal keeper technical skills	Criteria: 1. The assessment is carried out on the following aspects: 2. Participation during lectures is carried out through observation and is given weight. Submative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments			0%

10	Mastering the theory and practice of game rules and football refereeing	Able to explain and apply game rules, match regulations and football refereeing	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments		0%
11	Mastering the theory and practice of game rules and football refereeing	Able to explain and apply game rules, match regulations and football refereeing	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments		0%

12	Mastering the practical theory of physical training with the ball and without the ball in football	Able to explain and practice physical exercises with the ball and without the ball in football	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments			0%
13	Mastering the practical theory of physical training with the ball and without the ball in football	Able to explain and practice physical exercises with the ball and without the ball in football	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments			0%

14	Evaluate the results of training and football matches	Able to evaluate the results of training and football matches	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments			0%
15	Evaluate the results of training and football matches	Able to evaluate the results of training and football matches	Criteria: 1.The assessment is carried out on the following aspects: 2.Participation during lectures is carried out through observation and is given weight. Subumative test (UTS) is carried out once with indicators 1-7 through a written test and is given a weight. UAS grades are carried out in writing with indicators 9-16 given a weight. The final NA is (participation value%2 2) (UTS value %2 2) UAS score divided by 10	Lectures, discussions and demonstrations as well as 2 X 50 structured assignments			0%
16	FINAL EXAMS			2 X 50			0%

Evaluation Percentage Recap: Project Based Learning

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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.