



**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																																																			
Softball	8920102158	Study Program Elective Courses	T=2	P=0	ECTS=3.18	5	April 29, 2023																																																			
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																				
	Dra. Sasminta Christina Yuli Hartati, M. Pd.		Prof. Dr. Abdul Rachman Syam Tuasikal, M. Pd.			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)																																																									
	PO - 1	Mastering general knowledge and the basics of the game of softball																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin-left: 40px;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="6"></td> </tr> <tr> <td style="text-align: center;">PO-1</td> <td colspan="6"></td> </tr> </table>						P.O							PO-1																																											
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PO-1																																																										
PO Matrix at the end of each learning stage (Sub-PO)																																																										
	<table border="1" style="margin-left: 40px;"> <tr> <td style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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><td></td> </tr> </table>						P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																										
PO-1																																																										
Short Course Description	In this lecture, the history of the development of the softball game, techniques, refereeing, data collection and application of softball game rules are discussed, and in this lecture the didactics and methods for learning the game of softball are discussed.																																																									
References	Main :																																																									
	<ol style="list-style-type: none"> <li>1. Bethel Dell. 1987. Petunjuk Lengkap Softball dan Baseball . Semarang: Dahara Prize.</li> <li>2. Brockmeyer and Potter. 1989. Softball Step To Success . Canada: Leisure Press Champatgh, Illinois.</li> <li>3. Ajang Suparlan, Dkk. 2008. Modul, Pembelajaran Softball. Universitas Pendidikan Indonesia.</li> <li>4. Christina Sasminta dan Kristiyandaru Advendi. 2017. Softball . Surabaya : Unesa University Press.</li> </ol>																																																									
	Supporters:																																																									
Supporting lecturer	Dra. Sasminta Christina Yuli Hartati, M.Pd. 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	<p>1.Prepare a detailed softball lecture contract with the rules agreed upon by the lecturer and students</p> <p>2.Able to explain assessment procedures and rules of lecture activities.</p>	<p>Able to explain assessment procedures and rules of lecture activities.</p>	<p><b>Criteria:</b> Test</p> <p><b>Form of Assessment :</b> Participatory Activities, Tests</p>	<p>Using the lecture method to prepare a detailed softball lecture contract with the rules agreed upon by the lecturer and students 100 Minutes 2 X 50</p>	<p>Using zoom media to draw up a detailed softball lecture contract complete with rules agreed upon by the lecturer and students 100 Minutes</p>	<p><b>Material:</b> Preparation of lecture contracts, description of softball courses</p> <p><b>References:</b> <i>Bethel Dell. 1987. Complete Guide to Softball and Baseball. Semarang: Dahara Prize.</i></p> <hr/> <p><b>Material:</b> Introduction to Softball and Baseball</p> <p><b>Bibliography:</b></p>	5%
2	<p>Students know the types of equipment available on the softball field, and master the simple rules of the softball game.</p>	<p>1.Able to explain simple game rules.</p> <p>2.Be able to name various softball game equipment</p>	<p><b>Criteria:</b> 1.The 3 furthest throws taken 2.Test</p> <p><b>Form of Assessment :</b> Participatory Activities, Tests</p>	<p>Oral and practice 2 X 50</p>	<p>Using Zoom Media Verbally and Videoly: Explaining the equipment on the field and the tools used by a player when making a shot at either softball or baseball 100 Minutes</p>	<p><b>Materials:</b> Softball and Baseball Equipment</p> <p><b>Library:</b> <i>Bethel Dell. 1987. Complete Guide to Softball and Baseball. Semarang: Dahara Prize.</i></p> <hr/> <p><b>Material:</b> General rules for playing softball</p> <p><b>Reference:</b></p>	5%
3	<p>Have skills in throwing and catching in pairs</p>	<p>Able to practice throwing and catching softball balls in pairs</p>	<p><b>Criteria:</b> 1.3 furthest throws taken. Throws do not count if the thrower takes the lead. Minimum throw for women is 20m and men is 30m 2.Test</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	<p>Oral and practice 2 X 50</p>	<p>Using zoom media verbally and video: Explaining the differences between gloves for all players with first base mitt and catcher mitt, Under hand throw, Chest throw 100 Minutes</p>	<p><b>Material:</b> Basic techniques for playing softball</p> <p><b>Reader:</b> <i>Brockmeyer and Potter. 1989. Softball Steps To Success. Canada: Leisure Press Champatgh, Illinois.</i></p>	5%
4	<p>Have skills in throwing and catching in pairs</p>	<p>Able to practice throwing and catching softball balls in pairs</p>	<p><b>Criteria:</b> 1.3 furthest throws taken. Throws do not count if the thrower takes the lead. Minimum throw for women is 20m and men is 30m 2.Test</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	<p>Oral and practice 2 X 50</p>	<p>Using zoom media verbally and video: Explain throws from the side (side arms throws, throws from above (overhead throws), bottom catches (grounding) 100 Minutes</p>	<p><b>Material:</b> Basic techniques for playing softball</p> <p><b>Reader:</b> <i>Brockmeyer and Potter. 1989. Softball Steps To Success. Canada: Leisure Press Champatgh, Illinois.</i></p>	5%

5	Have the skills to make strokes with the correct grip technique according to the player's character	Able to punch with the correct technique	<p><b>Criteria:</b></p> <p>1.3 furthest throws taken. Throws do not count if the thrower takes the lead. Minimum throw for women is 20m and men is 30m</p> <p>2.Test</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Oral and practice 2 X 50	Using zoom media verbally and video: Explain throws from the side (side arms throws, throws from above (overhead throws), bottom catches (grounding) 100 Minutes	<p><b>Material:</b> Basic techniques for playing softball</p> <p><b>Reader:</b> <i>Brockmeyer and Potter. 1989. Softball Steps To Success. Canada: Leisure Press Champatgh, Illinois.</i></p>	5%
6	Have hitting skills with an understanding of ball and strike, foul ball and fair ball	<p>1.Able to punch with the correct technique</p> <p>2.Able to explain the concepts of ball, strike, foul ball and fair ball.</p>	<p><b>Criteria:</b></p> <p>1.- The score is calculated from the number of matches with the specified target</p> <p>2.Test</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	Oral and practice 2 X 50	Using zoom media to explain and practice hitting skills and understanding balls and strikes, foul balls and fair balls 100 minutes	<p><b>Material:</b> Softball playing rules</p> <p><b>Reader:</b> <i>Christina Sasminta and Kristiyandaru Advendi. 2017. Softball. Surabaya: Unesa University Press.</i></p> <hr/> <p><b>Material:</b> Rules for playing softball</p> <p><b>Reference:</b></p>	5%
7	Have the skills to make batting strokes with sacrifice and squeeze types of strokes	Able to perform sacrifice and squeeze punches with the correct technique.	<p><b>Criteria:</b></p> <p>1.The score is calculated from the number of matches with the specified target</p> <p>2.Test</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	Oral and practice 2 X 50	Using zoom media to explain and perform batting strokes with the 100 Minutes sacrifice and squeeze type strokes	<p><b>Material:</b> Types of strokes in the game of softball</p> <p><b>Reference:</b> <i>Events Suparlan, et al. 2008. Module, Softball Learning. Indonesian education university.</i></p>	5%
8	Have the skills to do base running, base to base	Able to do base running correctly	<p><b>Criteria:</b></p> <p>1.The score is calculated from the number of matches with the specified target</p> <p>2.Test</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Oral and practice 2 X 50	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent practical assignment and increase base running time 100 Minutes	<p><b>Material:</b> Base running</p> <p><b>Bibliography:</b> <i>Christina Sasminta and Kristiyandaru Advendi. 2017. Softball. Surabaya: Unesa University Press.</i></p>	5%

9	Have the skills to do base running, base to base	Able to do base running correctly	<p><b>Criteria:</b></p> <p>1. Running speed is measured by time. Disqualification is declared if you do not step on base</p> <p>2. Test</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Practice 2 X 50	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent practical assignment and increase base running time 100 Minutes	<p><b>Material:</b> Base running</p> <p><b>Bibliography:</b> <i>Christina Sasminta and Kristiyandaru Advendi. 2017. Softball. Surabaya: Unesa University Press.</i></p>	5%
10	Have throwing and batting skills correctly	<p>1. Able to throw as far as possible</p> <p>2. Capable of doing</p>	<p><b>Criteria:</b></p> <p>1. Running speed is measured by time. Disqualification is declared if you do not step on base</p> <p>2. Test</p> <p><b>Form of Assessment :</b> Participatory Activities, Practice/Performance</p>	Practice 2 X 50	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignment , throwing and batting practice 100 minutes	<p><b>Material:</b> Throwing and batting techniques</p> <p><b>Reader:</b> <i>Christina Sasminta and Kristiyandaru Advendi. 2017. Softball. Surabaya: Unesa University Press.</i></p>	5%
11	Have skills in field control	Able to play fielding game	<p><b>Criteria:</b></p> <p>1. The score is calculated from the number of contacts with the target</p> <p>2. Test</p> <p><b>Form of Assessment :</b> Practice / Performance</p>	Oral and practice 2 X 50	Learning Form: Virtual face-to-face lecture via vlearn and zoom Learning Method: Lecture, practice, discussion, question and answer and student assignments Independent assignment to practice making a resume fielding game 100 Minutes		5%
12	Have skills in mastering playing defensive positions	Able to play a simple game of softball	<p><b>Criteria:</b></p> <p>The score is calculated from the number of matches with the specified target</p> <p><b>Form of Assessment :</b> Participatory Activities</p>	Oral and practice 2 X 50			5%
13	Have skills in mastering playing attacking positions (offensive)	Able to play a simple game of softball	<p><b>Criteria:</b></p> <p>The score is calculated from the number of matches with the specified target</p>	Oral and practice 2 X 50			5%

14	Have skills in taking notes (scoring) and being an umpire	1.Able to explain scoring and umpiring techniques 2.Able to practice scoring and umpiring	<b>Criteria:</b> The score is calculated from the number of matches with the specified target  <b>Form of Assessment :</b> Participatory Activities	Oral and practice 2 X 50		5%
15	Have skills in pitching regulation	Able to do pitching regulation	<b>Criteria:</b> The score is calculated from the number of matches with the specified target  <b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Oral and practice 2 X 50		5%
16	Ability to apply a variety of techniques in playing situations	Able to explain various skills and their application in the game	<b>Criteria:</b> 1.The score is calculated from the number of matches with the specified target 2.Test  <b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Oral and practice 2 X 50		5%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	40%
2.	Practice / Performance	30%
3.	Test	5%
		75%

#### 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.

