



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Bachelor of Physical Education, Health & Recreation Study**  
**Program**

Document Code

**SEMESTER LEARNING PLAN**

Courses	CODE	Course Family	Credit Weight	SEMESTER	Compilation Date
Wrestling	8520102051		T=2   P=0   ECTS=3.18	8	July 18, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	.....	.....	Dr. Mochamad Ridwan, S.Pd., M.Pd.

Learning model	Case Studies
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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															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	Developing practical abilities regarding various karate training methods to improve training skills accompanied by the concept of achievement and self-defense concepts. Lectures are carried out with lectures, practice, project assignments and reflection.
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References	<b>Main :</b>  1. <b>Perry Paul</b> . 1992. <i>Bebas Cidera Karate</i> . Jakarta: Ghalia Indonesia. <b>Sujito J.B</b> . 2006. <i>Teknik Oyama Karate</i> . Jakarta: PT. Alex Media Komputindo. <b>Prayitno Kwat dan P. Rahmadi Guruh</b> . 2007. <i>Karate Kata</i> . Jombang: K-Media. <b>Pardijono, dan Yulfadinata Afifan</b> . (2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1</i> . Surabaya: Unesa University Press.
	<b>Supporters:</b>

Supporting lecturer	Drs. Hari Wisnu, M.Pd.
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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 know the history of development, ethics and philosophy of Karate	<ol style="list-style-type: none"> <li>1. Knowing the history of world karate</li> <li>2. Knowing the history of Indonesian karate</li> <li>3. Implement dress code</li> <li>4. Applying the procedures for summoning karate-ka</li> <li>5. Applying practice and training ethics in the dojo</li> </ol>		Lectures, discussions and questions and answers 4 X 50			0%
2	Able to understand concepts in basic Karate skills	Understand the culture that exists in Karate. Understand the basic techniques of Karate		Lectures, discussions, questions and answers, assignments 4 X 50			0%
3	Able to practice Kihon (Basic Movement) Punch	Mastering the basic kihon techniques of cudan tsuki blows		Practice 4 X 50			0%
4	Able to practice Kihon (Basic Movement) Punch	Mastering basic kihon punching techniques (jodan tsuki)		Practice 4 X 50			0%
5	Able to practice Kihon (Basic Movement) Parrying	Mastering the basic techniques of gedan barai parrying kihon, age uke, and udi uke		Practice 4 X 50			0%
6	Able to practice Kihon (Basic Movement) Parrying.	Mastering the basic techniques of kihontangkisan uci uke and shuto uke		Practice 4 X 50			0%
7	Able to practice Kihon (Basic Movement) Kicks	Mastering the basic techniques of mae geri kick kicks, and mae geri kicks		Practice 4 X 50			0%
8	Able to practice Kihon (Basic Movement) Kicks	Mastering the basic techniques of kihon kicks, kei kome, and kei ange		Practice 4 X 50			0%
9	UTS Able to practice Kihon (Basic Movement) Kicks	Mastering the basic techniques of mae geri kick kicks, and mae geri kicks		Practice 4 X 50			0%
10	Able to practice basic and advanced Kata	<ol style="list-style-type: none"> <li>1. Mastering basic Heian kata techniques</li> <li>2. Master advanced kata techniques</li> </ol>		practice 4 X 50			0%

11	Able to practice basic and advanced Kata	1.Mastering basic Heian kata techniques 2.Master advanced kata techniques		practice 4 X 50			0%
12	Able to practice basic and advanced Kata	1.Mastering basic Heian kata techniques 2.Master advanced kata techniques		practice 4 X 50			0%
13	Able to practice fighting and application of basic techniques (Kihon Ippon Kumite)	Mastering basic fighting and application techniques (Kihon Ippon Kumite)		Practice 4 X 50			0%
14	Able to practice all basic techniques of Kihon, Kata, Kumite	1.Master the basic techniques of punching, parrying and kicking 2.Mastering KataHeian and advanced kata 3 3.Mastering the basic techniques of kihon ippon kumite		Practice, collection of 4 X 50 assignments			0%
15	Able to practice all basic techniques of Kihon, Kata, Kumite	1.Master the basic techniques of punching, parrying and kicking 2.Mastering KataHeian and advanced kata 3 3.Mastering the basic techniques of kihon ippon kumite		Practice, collection of 4 X 50 assignments			0%
16	Able to understand the latest Karate competition rules (WKF)	Understand the latest Karate competition rules (WKF)		Lecture, question and answer 4 X 50			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.