



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education 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>																																																			
<b>BRIDGE SPORTS BRANCH TRAINING</b>	8520204545	Compulsory Study Program Subjects	T=1 P=3 ECTS=6.36	3	January 1, 2024																																																			
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>																																																			
	Dr. Irmantara		Dr. Irmantara		Dr. Or. Muhammad, S.Pd., M.Pd.																																																			
<b>Learning model</b>	Case Studies																																																							
<b>Program Learning Outcomes (PLO)</b>	PLO study program which is charged to the course																																																							
	Program Objectives (PO)																																																							
	PO - 1	Students are able to master the basic techniques of playing bridge																																																						
	PLO-PO Matrix																																																							
		<table border="1" style="margin: auto;"> <tr><td style="text-align: center;">P.O</td></tr> <tr><td style="text-align: center;">PO-1</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: auto;"> <tr> <td rowspan="2" style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <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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PO-1																																																								
<b>Short Course Description</b>	Practicing Karate technical training methods including Kihon (basic techniques), Kata (stances), Kumite (fighting techniques), Ishodori (practical self-defense techniques). Learn the karate competition system and refereeing practices. The philosophy of Karate-Do is also under discussion. Current learning models and media for improving achievement.																																																							
<b>References</b>	<b>Main :</b>																																																							
	1. martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions to Bidding, Scoring, Conventions and Winning Strategies.																																																							
	<b>Supporters:</b>																																																							
<b>Supporting lecturer</b>	Dr. Irmantara Subagio, M.Kes. Prof.Dr. Imam Marsudi, M.Si.																																																							
<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	Able to know reviews, concepts and meaning of Karate-Do	able to play bridge	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Lectures, questions and answers and discussions 4 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	8%
2	Able to understand various basic technical training models or Kihon	Understand various models of basic technique training or Kihon	<b>Criteria:</b> Assignments and practicums  <b>Forms of Assessment :</b> Participatory Activities, Practical Assessment, Tests	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	6%
3	Able to practice punching or punching strength training models	Master various models of punching or punching strength training	<b>Criteria:</b> Assignments and practicums  <b>Forms of Assessment :</b> Project Results Assessment / Product Assessment, Practical Assessment	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	7%

4	Able to practice the SHITEI KATA technique or MANDATORY STEP	Master the SHITEI KATA technique or MANDATORY STEP	<b>Criteria:</b> Assignments and practicum'  <b>Form of Assessment :</b> Test	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge basics <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	7%
5	Able to practice basic breathing exercises or hara karate-do	Mastering basic breathing techniques or hara karate-do	<b>Criteria:</b> Assignments and practicum  <b>Form of Assessment :</b> Participatory Activities, Tests	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> ZBridge Game Basics <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	6%
6	Able to practice KUMITE training methods and principles or fighting techniques	Mastering the Methods and Principles of KUMITE training or fighting techniques	<b>Criteria:</b> Assignments and practicum  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> basics of the game of bridge <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	5%

7	Able to practice practical self-defense or BDP	Mastering practical self-defense techniques or BDP	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> basics of the game of bridge <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	5%
8	UTS	UTS	<b>Criteria:</b> UTS  <b>Form of Assessment :</b> Participatory Activities	Field practice 2 X 50		<b>Material:</b> national bridal game <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	15%
9	Able to practice KICK training methods and concepts	Mastering KICK training methods and concepts	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	4%

10	Able to practice punching and kicking speed training models	Mastering the punching and kicking speed training model	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	5%
11	Able to practice the agility training model with a selected style approach	Mastering the agility training model with a selected style approach	<b>Criteria:</b> 1. tests and practicals 2. tests and practicals  <b>Form of Assessment :</b> Test	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	3%
12	Able to practice karate-do refereeing	Mastering Karate-do Refereeing	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	3%

13	Able to carry out Match Simulations	Understand karate-do matches and simulate them	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	3%
14	Able to carry out Match Simulations	Understand karate-do matches and simulate them	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	3%
15	Able to solve issues and problems in implementing karate developments	Understanding the issues and problems in implementing karate development	<b>Criteria:</b> Assignments and practicums  <b>Form of Assessment :</b> Participatory Activities, Practice/Performance	Field practice, lectures, questions and answers and discussions 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> <i>Martin H., Jackson. 2022. Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by-Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	3%

16		UAS	<b>Criteria:</b> uas  <b>Form of Assessment :</b> Participatory Activities	UAS 2 X 50		<b>Material:</b> bridge game strategy <b>Reader:</b> Martin H., Jackson. 2022. <i>Bridge for Beginners: The New Complete Guide for The Novice to Start Playing Bridge the Right Way. With Simple Step-by- Step Instructions for Bidding, Scoring, Conventions and Winning Strategies.</i>	17%
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#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	74.5%
2.	Project Results Assessment / Product Assessment	3.5%
3.	Practical Assessment	5.5%
4.	Practice / Performance	1.5%
5.	Test	15%
		100%

#### 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.