

		<b>Universitas Negeri Surabaya</b> <b>Faculty of Sports and Health Sciences</b> <b>S1 Sports Coaching Education Study Program</b>					<b>Document Code</b>																																									
<b>SEMESTER LEARNING PLAN</b>																																																
<b>Courses</b>		<b>CODE</b>	<b>Course Family</b>		<b>Credit Weight</b>		<b>SEMESTER</b>	<b>Compilation Date</b>																																								
Physical, Technical, Tactics & Mental Training Methods for Pencak Silat		8520204503			T=1	P=0	ECTS=1.59	4 July 17, 2024																																								
<b>AUTHORIZATION</b>		<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>																																										
		.....		.....		Dr. Or. Muhammad, S.Pd., M.Pd.																																										
<b>Learning model</b>	Case Studies																																															
<b>Program Learning Outcomes (PLO)</b>	PLO study program that is charged to the course																																															
	Program Objectives (PO)																																															
	PLO-PO Matrix																																															
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; height: 30px;">P.O</td> </tr> </table>							P.O																																							
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PO Matrix at the end of each learning stage (Sub-PO)																																																
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">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 examines the mastery and preparation of physical, technical, tactical and mental training models for the sport of Pencak Silat																																															
<b>References</b>	<b>Main :</b>																																															
	<ol style="list-style-type: none"> <li>1. Bomp Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams &amp; Wilkins</li> <li>2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill;</li> <li>3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge</li> <li>4. Bomp Tudor O, 2005, Total Training for your Champhion, Human Kinetics</li> <li>5. Bomp Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics</li> <li>6. Bomp Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics</li> </ol>																																															
	<b>Supporters:</b>																																															
<b>Supporting lecturer</b>	Achmad Rizanul Wahyudi, S.Pd., M.Pd. Hamdani, S.Pd., 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>																																											
<b>(1)</b>	<b>(2)</b>	<b>(3)</b>	<b>(4)</b>	<b>(5)</b>	<b>(6)</b>	<b>(7)</b>	<b>(8)</b>																																									

1	Students understand the study contract	Able to answer well the questions given	<b>Criteria:</b> It is considered correct if you are able to answer 70% correctly	Lectures and questions and answers 4 X 50		0%
2	Students are able to understand appropriate physical training methods for Pencak Silat athletes	Using a sports science approach in physical training methods	<b>Criteria:</b> It is considered correct if 80% use a sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
3	Students are able to understand appropriate physical training methods for Pencak Silat athletes	Using a sports science approach in physical training methods	<b>Criteria:</b> It is considered correct if 80% use a sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
4	Students are able to understand appropriate physical training methods for Pencak Silat athletes	Using a sports science approach in physical training methods	<b>Criteria:</b> It is considered correct if 80% use a sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
5	Students are able to understand appropriate physical training methods for Pencak Silat athletes	Using a sports science approach in physical training methods	<b>Criteria:</b> It is considered correct if 80% use a sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
6	Students are able to develop methods for training techniques for Pencak Silat athletes	Using sports science in training Pencak Silat techniques	<b>Criteria:</b> It is considered correct to use 80% of the sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
7	Students are able to develop methods for training techniques for Pencak Silat athletes	Using sports science in training Pencak Silat techniques	<b>Criteria:</b> It is considered correct to use 80% of the sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
8	Students are able to develop methods for training techniques for Pencak Silat athletes	Using sports science in training Pencak Silat techniques	<b>Criteria:</b> It is considered correct to use 80% of the sports science approach	Discussions, lectures, questions and answers and assignments 4 X 50		0%
9	UTS	UTS	<b>Criteria:</b> UTS	UTS 4 X 50		0%
10	Students are able to develop methods for training Pencak Silat sport tactics	Develop tactical methods with a sports science approach	<b>Criteria:</b> It is considered correct if you apply 80% of sports science correctly	Lectures, discussions, questions and answers and assignments 4 X 50		0%
11	Students are able to develop methods for training Pencak Silat sport tactics	Develop tactical methods with a sports science approach	<b>Criteria:</b> It is considered correct if you apply 80% of sports science correctly	Lectures, discussions, questions and answers and assignments 4 X 50		0%

12	Students are able to develop methods for mentally training Pencak Silat athletes	Using a sports science approach in developing mental training programs	<b>Criteria:</b> It is considered correct if you apply sports science 80% correctly	Discussions, lectures, questions and answers and assignments 4 X 50			0%
13	Students are able to develop methods for mentally training Pencak Silat athletes	Using a sports science approach in developing mental training programs	<b>Criteria:</b> It is considered correct if you apply sports science 80% correctly	Discussions, lectures, questions and answers and assignments 4 X 50			0%
14	Students are able to develop methods for mentally training Pencak Silat athletes	Using a sports science approach in developing mental training programs	<b>Criteria:</b> It is considered correct if you apply sports science 80% correctly	Discussions, lectures, questions and answers and assignments 4 X 50			0%
15	Students are able to develop methods for mentally training Pencak Silat athletes	Using a sports science approach in developing mental training programs	<b>Criteria:</b> It is considered correct if you apply sports science 80% correctly	Discussions, lectures, questions and answers and assignments 4 X 50			0%
16							0%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

#### 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.

