

		Universitas Negeri Surabaya Faculty of Sports and Health Sciences S1 Sports Coaching Education Study Program					Document Code																																								
SEMESTER LEARNING PLAN																																															
Courses		CODE	Course Family		Credit Weight		SEMESTER	Compilation Date																																							
PHYSICAL TRAINING METHODS, TECHNIQUES, TACTICS & MENTAL JUDO SPORTS		8520204597			T=1	P=3	ECTS=6.36	4 July 18, 2024																																							
AUTHORIZATION		SP Developer		Course Cluster Coordinator			Study Program Coordinator																																								
				Dr. Or. Muhammad, S.Pd., M.Pd.																																								
Learning model	Case Studies																																														
Program Learning Outcomes (PLO)	PLO study program which 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: 20px;">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: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px; height: 20px;">1</td> <td style="width: 20px; height: 20px;">2</td> <td style="width: 20px; height: 20px;">3</td> <td style="width: 20px; height: 20px;">4</td> <td style="width: 20px; height: 20px;">5</td> <td style="width: 20px; height: 20px;">6</td> <td style="width: 20px; height: 20px;">7</td> <td style="width: 20px; height: 20px;">8</td> <td style="width: 20px; height: 20px;">9</td> <td style="width: 20px; height: 20px;">10</td> <td style="width: 20px; height: 20px;">11</td> <td style="width: 20px; height: 20px;">12</td> <td style="width: 20px; height: 20px;">13</td> <td style="width: 20px; height: 20px;">14</td> <td style="width: 20px; height: 20px;">15</td> <td style="width: 20px; height: 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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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																															
Short Course Description	Courses that study physical, technical, tactical and mental training, especially in the sport of judo																																														
References	Main :																																														
	<ol style="list-style-type: none"> 1. James C. R and Robert C. F., 1998, <i>High-Powered Plyometrics</i> , Australia: Human Kinetics. 2. Bompa, 2015, <i>Total Training for Young Champions</i> , Australia: Human Kinetics. 3. Donald Chu, 1999, <i>Jumping Into Plyometrics</i> , Australia: Human Kinetics. 4. Lee E. B., Vance A. F., Juan C. S., 2000, <i>Training for Speed, Agility, and Quickness</i> , Australia : Human Kinetics. 5. Edmund J. Burke, 1977, <i>Toward an Understanding of Human Performance</i> , New York: 102 Irving Place Ithaca. 6. Michael J. Alter, 1999. <i>300 Teknik Peregangan Olahraga</i> , Jakarta: PT. RajaGrafindo Persada 																																														
	Supporters:																																														
Supporting lecturer	Dr. Fransisca Januarumi Marhaendra Wijaya, S.Pd., M.Kes. Muhammad Kharis Fajar, S.Pd., M.Pd. Shery Iris Zaillah, S.Pd..M.Kes.																																														
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	Students understand the study contract	Able to answer well the questions given	Criteria: 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 wushu athletes	Using a sports science approach in physical training methods	Criteria: 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 wushu athletes	Using a sports science approach in physical training methods	Criteria: 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 wushu athletes	Using a sports science approach in physical training methods	Criteria: 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 wushu athletes	Using a sports science approach in physical training methods	Criteria: 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 wushu athletes	Using sports science to train wushu techniques	Criteria: 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 wushu athletes	Using sports science to train wushu techniques	Criteria: 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 wushu athletes	Using sports science to train wushu techniques	Criteria: 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	Criteria: UTS	UTS 4 X 50			0%
10	Students are able to develop methods for training wushu tactics	Develop tactical methods with a sports science approach	Criteria: 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 wushu tactics	Develop tactical methods with a sports science approach	Criteria: 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 wushu athletes	Using a sports science approach in developing mental training programs	Criteria: 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 wushu athletes	Using a sports science approach in developing mental training programs	Criteria: 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 wushu athletes	Using a sports science approach in developing mental training programs	Criteria: 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 wushu athletes	Using a sports science approach in developing mental training programs	Criteria: 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.

