

1	Understand the basic concepts of planning a Karate sport training program	<p>1. Able to understand the definition of periodization</p> <p>2. Able to understand the periodization of Karate's biomotor specifications</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practice / Performance, Tests</p>	Lectures, Discussions 4 X 50			6%
2	Understand the basic concepts of planning a Karate sport training program	<p>1. Able to understand the definition of periodization</p> <p>2. Able to understand the periodization of Karate's biomotor specifications</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment</p>	Lectures, Discussions 4 X 50			10%
3	Understand the planning of annual training programs in the sport of Karate	<p>1. Able to understand the definition of annual coaching planning in the sport of Karate</p> <p>2. Able to understand the phases of annual coaching planning in the sport of Karate</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p>	Lectures, Discussions 4 X 50			0%
4	Understand the planning of annual training programs in the sport of Karate	<p>1. Able to understand the definition of annual coaching planning in the sport of Karate</p> <p>2. Able to understand the phases of annual coaching planning in the sport of Karate</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p>	Lectures, Discussions 4 X 50			0%
5	Understand planning for excellence in the sport of Karate	<p>1. Able to understand the definition of excellence in the sport of Karate</p> <p>2. Able to understand the definition of taper in the sport of Karate</p>	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests</p>	Lectures, Discussions 2 X 50			10%

6	Understand the planning of daily training programs in the sport of Karate	1.Able to understand the planning of training sessions in the sport of Karate 2.Able to understand training session planning modeling in the sport of Karate	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Lectures, Discussions 4 X 50			10%
7	Understand the planning of daily training programs in the sport of Karate	1.Able to understand the planning of training sessions in the sport of Karate 2.Able to understand training session planning modeling in the sport of Karate		Lectures, Discussions 4 X 50			0%
8	Understand macro training program planning in the sport of Karate	Able to understand the macro training cycle in the sport of Karate		Lectures, Discussions 4 X 50			0%
9	Understand macro training program planning in the sport of Karate	Able to understand the macro training cycle in the sport of Karate		Lectures, Discussions 4 X 50			0%
10	UTS		Forms of Assessment : Participatory Activities, Portfolio Assessment, Practical Assessment, Practical / Performance, Tests	2 X 50			10%
11	Understand the planning of meso and micro training programs in the sport of Karate	1.Able to understand the meso training cycle in the sport of Karate 2.Able to understand the micro training cycle in the sport of Karate		Lectures, Discussions 2 X 50			0%

12	Understand the planning of physical training programs in the sport of Karate	<ol style="list-style-type: none"> 1. Able to understand endurance training planning in Karate 2. Able to understand speed training planning in Karate 3. Able to understand specific physical training plans for Karate 4. Able to understand strength training planning in Karate 		Lectures, Discussions 4 X 50			0%
13	Understand the planning of physical training programs in the sport of Karate	<ol style="list-style-type: none"> 1. Able to understand endurance training planning in Karate 2. Able to understand speed training planning in Karate 3. Able to understand specific physical training plans for Karate 4. Able to understand strength training planning in Karate 		Lectures, Discussions 4 X 50			0%
14	Understand the technical and tactical training program in the sport of Karate	<ol style="list-style-type: none"> 1. Able to understand defense planning in Karate 2. Able to understand offense planning in Karate 3. Able to understand transition training planning in Karate 		Lectures and discussions 4 X 50			0%
15	Understand the technical and tactical training program in the sport of Karate	<ol style="list-style-type: none"> 1. Able to understand defense planning in Karate 2. Able to understand offense planning in Karate 3. Able to understand transition training planning in Karate 	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment, Practical / Performance	Lectures and discussions 4 X 50			4%

16	UAS		Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practice / Performance, Tests	2 X 50			50%
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Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	21.7%
2.	Project Results Assessment / Product Assessment	16.37%
3.	Portfolio Assessment	20.7%
4.	Practical Assessment	7.17%
5.	Practice / Performance	15.87%
6.	Test	18.2%
		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.