



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

Document
Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																																																												
Karate	8520102062	Study Program Elective Courses	T=2	P=0	ECTS=3.18	3	April 30, 2023																																																																												
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																													
	Afifan Yulfadinata, S.Pd., M.Pd.		Dr. Setiyo Hartoto. M.Kes			Dr. Mochamad Ridwan, S.Pd., M.Pd.																																																																													
Learning model	Case Studies																																																																																		
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																		
	Program Objectives (PO)																																																																																		
	PO - 1	1) Able to analyze the history and basic concepts of Karate Martial Arts. 2) Able to analyze various basic karate techniques and their functions. 3) Able to analyze professional ethics in Karate Martial Arts with full responsibility. 4) Able to analyze basic techniques in Karate and their benefits. 5) Able to apply the basic martial arts techniques of karate, parrying, striking, kicking, parrying, kata, and kumite. 6) Able to apply basic karate martial arts movement techniques																																																																																	
	PO - 2	Mastering basic techniques in karate martial arts																																																																																	
	PLO-PO Matrix																																																																																		
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>P.O</td></tr> <tr><td>PO-1</td></tr> <tr><td>PO-2</td></tr> </table>						P.O	PO-1	PO-2																																																																									
P.O																																																																																			
PO-1																																																																																			
PO-2																																																																																			
PO Matrix at the end of each learning stage (Sub-PO)																																																																																			
	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr> <td>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> </tr> <tr> <td>PO-2</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> </tbody> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																
P.O	Week																																																																																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																																																			
PO-1																																																																																			
PO-2																																																																																			
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.																																																																																		
References	Main :																																																																																		
	<ol style="list-style-type: none"> 1. Perry Paul . 1992. Bebas Cidera Karate . Jakarta: Ghalia Indonesia. 2. Sujito J.B . 2006. Teknik Oyama Karate . Jakarta: PT. Alex Media Komputindo. 3. Prayitno Kwat dan P. Rahmadi Guruh . 2007. Karate Kata. Jombang: K-Media. 4. Pardijono, dan Yulfadinata Afifan . (2014). Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 . Surabaya: Unesa University Press. 5. Yulfadinata Afifan, dan Wisnu Hari. (2016). Buku Ajar Beladiri Karate. Surabaya: Unesa University Press. 																																																																																		
	Supporters:																																																																																		
Supporting lecturer	Drs. Hari Wisnu, M.Pd. Afifan Yulfadinata, S.Pd., M.Pd. Arifah Kaharina, 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	Able to know the history of development, ethics and philosophy of Karate	1. Knowing the history of world karate 2. Knowing the history of Indonesian karate 3. Implement dress code 4. Applying the procedures for summoning karate-ka 5. Applying practice and training ethics in the dojo	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Lectures, discussions and questions and answers 4 X 50		Material: understanding the history of the development of karate, ethics and physiology in martial arts. Library: <i>Prayitno Kwat and P. Rahmadi Guruh. 2007. Karate Kata. Jombang: K-Media.</i>	10%
2	Able to understand concepts in basic Karate skills	Understand the culture that exists in Karate. Understand the basic techniques of Karate	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Lectures, discussions, questions and answers, assignments 4 X 50		Material: learning karate movements Reader: <i>Yulfadinata Afifan, and Vishnu Hari. (2016). Karate Martial Arts Textbook. Surabaya: Unesa University Press.</i>	5%
3	Able to practice Kihon (Basic Movement) Punch	Mastering the basic kihon techniques of cudan tsuki blows	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice 4 X 50		Material: word movement material Reader: <i>Perry Paul . 1992. Karate Injury Free. Jakarta: Ghalia Indonesia.</i>	10%
4	Able to practice Kihon (Basic Movement) Punch	Mastering basic kihon punching techniques (jodan tsuki)	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice 4 X 50		Material: word movement material Reader: <i>Perry Paul . 1992. Karate Injury Free. Jakarta: Ghalia Indonesia.</i>	5%
5	Able to practice Kihon (Basic Movement) Parrying	Mastering the basic techniques of gedan barai parrying kihon, age uke, and udi uke	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice 4 X 50		Material: word movement material Reader: <i>Perry Paul . 1992. Karate Injury Free. Jakarta: Ghalia Indonesia.</i>	19%

6	Able to practice Kihon (Basic Movement) Parrying.	Mastering the basic techniques of kihontangkisan uci uke and shuto uke	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice 4 X 50		Material: word movement material Reader: <i>Sujito JB . 2006. Oyama Karate Technique. Jakarta: PT. Alex Media Komputindo.</i>	5%
7	Able to practice Kihon (Basic Movement) Kicks	Mastering the basic techniques of mae geri kick kicks, and mae geri kicks	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice 4 X 50		Material: word movement material Reader: <i>Prayitno Kwat and P. Rahmadi Guruh . 2007. Karate Kata. Jombang: K- Media.</i>	10%
8	Able to practice Kihon (Basic Movement) Kicks	Mastering the basic techniques of kihon kicks, kei kome, and kei ange	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice 4 X 50		Material: UTS Reader: <i>Sujito JB . 2006. Oyama Karate Technique. Jakarta: PT. Alex Media Komputindo.</i>	5%
9	UTS Able to practice Kihon (Basic Movement) Kicks	1.Mastering the basic techniques of mae geri kick kicks, and mae geri kicks 2.2	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities, Practical Assessment	Practice 4 X 50		Material: understanding the history of the development of karate martial arts, ethics and physiology in martial arts. Reader: <i>Pardijono, and Yulfadinata Afifan. (2014). Textbook of Sports Facilities and Infrastructure 1st Edition. Surabaya: Unesa University Press.</i> Material: understanding the history of the development of karate martial arts, ethics and physiology in martial arts Reader: <i>Sujito JB. 2006. Oyama Karate Technique. Jakarta: PT. Alex Media Komputindo.</i>	2%

10	Able to practice basic and advanced Kata	1.Mastering basic Heian kata techniques 2.Master advanced kata techniques	Criteria: Participation Assessment Criteria Forms of Assessment : Participatory Activities, Practical Assessment, Practical / Performance	practice 4 X 50		Material: understanding the history of the development of karate martial arts, ethics and physiology in martial arts Reader: <i>Perry Paul. 1992. Karate Injury Free. Jakarta: Ghalia Indonesia.</i>	4%
11	Able to practice basic and advanced Kata	1.Mastering basic Heian kata techniques 2.Master advanced kata techniques	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	practice 4 X 50		Material: learning karate movements Reader: <i>Sujito JB . 2006. Oyama Karate Technique. Jakarta: PT. Alex Media Komputindo.</i>	5%
12	Able to practice basic and advanced Kata	1.Mastering basic Heian kata techniques 2.Master advanced kata techniques	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities, Practical Assessment	practice 4 X 50		Material: learning karate movements Reference: <i>Prayitno Kwat and P. Rahmadi Guruh . 2007. Karate Kata. Jombang: K-Media.</i>	2%
13	Able to practice fighting and application of basic techniques (Kihon Ippon Kumite)	Mastering basic fighting and application techniques (Kihon Ippon Kumite)	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities, Practice/Performance	Practice 4 X 50		Material: learning karate movements Reader: <i>Perry Paul . 1992. Karate Injury Free. Jakarta: Ghalia Indonesia.</i>	2%
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	Criteria: Participation Assessment Criteria Form of Assessment : Participatory Activities	Practice, collection of 4 X 50 assignments		Material: learning karate movements Reader: <i>Sujito JB . 2006. Oyama Karate Technique. Jakarta: PT. Alex Media Komputindo.</i>	2%

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	Criteria: Participation Assessment Criteria Form of Assessment : Test	Practice, collection of 4 X 50 assignments		Material: word movement material Reader: <i>Pardijono, and Yulfadinata Afifan . (2014). Textbook of Sports Facilities and Infrastructure 1st Edition. Surabaya: Unesa University Press.</i>	4%
16	Able to understand the latest Karate competition rules (WKF)	Understand the latest Karate competition rules (WKF)	Criteria: Participation Assessment Criteria Form of Assessment : Practice/Performance, Test	Lecture, question and answer 4 X 50		Material: UAS Literature: <i>Prayitno Kwat and P. Rahmadi Guruh . 2007. Karate Kata. Jombang: K-Media.</i>	10%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	80.33%
2.	Practical Assessment	3.33%
3.	Practice / Performance	7.33%
4.	Test	9%
		99.99%

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.