



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences,**  
**Physical Education, Health & Recreation Undergraduate 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>																																																	
Martial arts	8520102105	Compulsory Study Program Subjects	T=2 P=0 ECTS=3.18	1	May 20, 2023																																																	
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>	<b>Study Program Coordinator</b>																																																		
	.....		Dr.Setiyo Hartoto, M.Kes	Dr. Mochamad Ridwan, 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)																																																					
	PO - 1	able to explain and practice the historical culture of pencak silat, the perception of pencak silat as a spiritual, cultural, artistic and sports foundation, the etiquette procedures for bersilat, stances, stances, step patterns, hand and foot attacks, parrying and dodging, locking, falling, sweeps, cuts, arranging basic pencak silat martial arts movements, basic techniques for playing in the sparring category, match rules, refereeing system, simulation of the sparring category match system, empty-handed singles, empty-handed doubles and team moves.																																																				
	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> </table>				P.O	PO-1																																															
P.O																																																						
PO-1																																																						
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">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <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> </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>	This course discusses the theoretical and practical understanding and mastery of the sports science of pencak silat																																																					
<b>References</b>	<b>Main :</b>																																																					
	<ol style="list-style-type: none"> <li>1. Atok dkk. Pencak Silat. Jakarta: Depdikbud Dirjen Dikti Proyek Pembinaan Tenaga Pendidikan</li> <li>2. H. Subagyo. Pencak Silat Untuk Mahasiswa Umum. 2012. Surabaya: UNESA University Press</li> <li>3. Johansyah dkk. 2014. Pencak Silat edisi kedua . Jakarta: PT Raja Grafindo Persada</li> <li>4. Munas IPSI. Penjelasan Peraturan Pertandingan Pencak Silat Antar Bangsa. 2013. Jakarta: PB IPSI</li> <li>5. R. Kotot. Slamet Riyadi. Teknik Dasar Penak Silat Tanding. 2003. Jakarta: PT. Dian Rakyat.</li> </ol>																																																					
	<b>Supporters:</b>																																																					
<b>Supporting lecturer</b>	Dr. Setiyo Hartoto, M.Kes. 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>																																																	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																															

1	Able to explain the introduction of Pencak Silat martial arts material	<ol style="list-style-type: none"> <li>1. Explain the history of pencak silat martial arts</li> <li>2. Explain the historical development of pencak silat martial arts</li> <li>3. Explaining the science of pencak silat as culture, sport and art</li> </ol>	<p><b>Criteria:</b> assessment criteria rubric</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Lectures, discussions and questions and answers 2 X 50		<p><b>Material:</b> introduction to the material</p> <p><b>References:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	5%
2	Able to explain and practice basic and advanced techniques of pencak silat martial arts	<ol style="list-style-type: none"> <li>1. Explain and practice ethical and polite attitudes in pencak silat martial arts</li> <li>2. Explain and practice the stance in martial arts</li> <li>3. Explain and practice the sitting posture in bersilat</li> <li>4. Explain and practice the step patterns in martial arts</li> <li>5. Explain and practice stances in martial arts</li> <li>6. Explain and practice basic hand attack techniques in pencak silat martial arts</li> <li>7. Explain and practice the basic techniques of foot attacks in pencak silat martial arts</li> </ol>	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movements with good and correct memorization</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> kick material</p> <p><b>Reference:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	6%

3	Able to explain and practice advanced basic techniques 2 & 3 of Pencak Silat martial arts	<ol style="list-style-type: none"> <li>1. Explain and practice basic parrying techniques in pencak silat martial arts</li> <li>2. Explain and practice the basic techniques of dodging, dodging in pencak silat martial arts</li> <li>3. Explain and practice the basic techniques of combining evasion, evasion and parry in pencak silat martial arts</li> <li>4. Explain and practice basic falling techniques in pencak silat martial arts</li> <li>5. Explain and practice the basic sweeping techniques in pencak silat martial arts</li> <li>6. Explain and practice the basic cutting techniques in pencak silat martial arts</li> </ol>	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movements with good and correct memorization</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> evaluation kick material</p> <p><b>References:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Personnel Development Project</i></p>	5%
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4	Able to explain and practice advanced basic techniques 2 & 3 of Pencak Silat martial arts	<ol style="list-style-type: none"> <li>1. Explain and practice basic parrying techniques in pencak silat martial arts</li> <li>2. Explain and practice the basic techniques of dodging, dodging in pencak silat martial arts</li> <li>3. Explain and practice the basic techniques of combining evasion, evasion and parry in pencak silat martial arts</li> <li>4. Explain and practice basic falling techniques in pencak silat martial arts</li> <li>5. Explain and practice the basic sweeping techniques in pencak silat martial arts</li> <li>6. Explain and practice the basic cutting techniques in pencak silat martial arts</li> </ol>	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movements with good and correct memorization</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> retaliation material</p> <p><b>Reference:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	7%
5	Able to explain and practice advanced basic techniques of the 4 Pencak Silat martial arts	- Explain and practice a series of basic techniques in pencak silat martial arts	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movements with good and correct memorization</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> explains basic techniques</p> <p><b>References:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	7%
6	Able to explain and practice single category playing techniques in pencak silat sports	- Explain, memorize and practice single stance skills	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movements with good and correct memorization</p> <p><b>Form of Assessment :</b> Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> practicing single movements</p> <p><b>Reference:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	6%

7	Able to explain and practice playing techniques in the double arts category in the sport of pencak silat	- Explain, memorize and practice multiple arts category skills	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movements with good and correct memorization</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> playing techniques art category <b>Reference:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	7%
8	Midterm exam	assessment criteria rubric	<p><b>Criteria:</b> assessment criteria rubric</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	2 X 50		<p><b>Material:</b> uts <b>Library:</b> <i>IPSI National Conference. Explanation of the Rules for Inter-Nation Pencak Silat Competitions. 2013. Jakarta: PB IPSI</i></p>	7%
9	Able to explain and practice the basic techniques of the sport of Pencak Silat performance in the sparring category	- Explain and practice basic fighting techniques in the sport of pencak silat	<p><b>Criteria:</b> assessment criteria rubric</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> practicing the basic techniques of Pencak Silat achievement sports in the sparring category. <b>Reader:</b> <i>H. Subagyo. Pencak Silat for General Students. 2012. Surabaya: UNESA University Press</i></p>	6%
10	Able to explain and practice advanced basic techniques for the sport of Pencak Silat performance in the sparring category	<p>1. Explain and practice basic technical skills for competing in the sport of pencak silat</p> <p>2. Explain and practice the introduction of fighting categories in pencak silat sports</p>	<p><b>Criteria:</b> assessment criteria rubric</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> practicing the basic techniques of Pencak Silat achievement sports in the sparring category. <b>Reference:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	9%

11	Able to explain and practice the complexities of playing sports techniques for Pencak Silat achievements in the sparring category	1.Explain and practice the skills of the martial arts game application in the sparring category 2.Explains the introduction of refereeing techniques in pencak silat sports	<b>Criteria:</b> assessment criteria rubric  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<b>Material:</b> practicing the basic techniques of Pencak Silat achievement sports in the sparring category. <b>Reference:</b> <i>Atok et al. Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i>	7%
12	Able to explain and practice the complexities of playing sports techniques for Pencak Silat achievements in the sparring category	1.Explain and practice the skills of the martial arts game application in the sparring category 2.Explains the introduction of refereeing techniques in pencak silat sports	<b>Criteria:</b> assessment criteria rubric  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<b>Material:</b> Able to explain and practice the complexity of techniques for playing the sport of Pencak Silat achievement in the sparring category. <b>Reader:</b> <i>H. Subagyo. Pencak Silat for General Students. 2012. Surabaya: UNESA University Press</i>	7%
13	Able to explain and practice the rules of Pencak Silat performance sports competitions in the sparring category	1.Explain and practice the skills of the martial arts game application in the sparring category 2.Explain and practice refereeing techniques for match categories	<b>Criteria:</b> Full marks are obtained if you are able to practice tasks and functions according to the field of competition well and correctly  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment	Practice, questions and answers, assignments and presentations 2 X 50		<b>Material:</b> Able to explain and practice the rules of Pencak Silat performance sports competitions in the sparring category. <b>Reader:</b> <i>H. Subagyo. Pencak Silat for General Students. 2012. Surabaya: UNESA University Press</i>	5%
14	Able to explain and practice the rules of Pencak Silat performance sports competitions in the sparring category	1.Explain and practice the skills of the martial arts game application in the sparring category 2.Explain and practice refereeing techniques for match categories	<b>Criteria:</b> Full marks are obtained if you are able to practice tasks and functions according to the field of competition well and correctly  <b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment, Practices / Performance	Practice, questions and answers, assignments and presentations 2 X 50		<b>Material:</b> Able to explain and practice the rules of Pencak Silat performance sports competitions in the sparring category. <b>Reader:</b> <i>H. Subagyo. Pencak Silat for General Students. 2012. Surabaya: UNESA University Press</i>	7%

15	Able to explain and practice playing techniques in the Team Arts category in pencak silat sports	Explain, memorize and practice skills in the Team Arts category	<p><b>Criteria:</b> Full marks are obtained if you are able to practice the movement</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	Demonstration, practice, questions and answers, assignments and presentations 2 X 50		<p><b>Material:</b> Able to explain and practice the rules of Pencak Silat performance sports competitions in the sparring category. <b>Reader:</b> H. Subagyo. <i>Pencak Silat for General Students. 2012. Surabaya: UNESA University Press</i></p>	7%
16	Final exams	assessment criteria rubric	<p><b>Criteria:</b> assessment criteria rubric</p> <p><b>Forms of Assessment :</b> Participatory Activities, Project Results Assessment / Product Assessment</p>	2 X 50		<p><b>Material:</b> Able to explain and practice the rules of the Pencak Silat achievement sports competition in the competition category. <b>Reader:</b> Atok et al. <i>Martial arts. Jakarta: Depdikbud Director General of Higher Education Education Personnel Development Project</i></p>	2%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	38.83%
2.	Project Results Assessment / Product Assessment	51.83%
3.	Portfolio Assessment	1%
4.	Practical Assessment	1%
5.	Practice / Performance	6.33%
6.	Test	1%
		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.

11. **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%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.