



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																																	
Karate Sports Regulations and Referees	8520204456	Study Program Elective Courses	T=1 P=0 ECTS=1.59	6	April 30, 2023																																	
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																	
	Afifan Yulfadinata, S.Pd., M.Pd.			Dr. Or. Muhammad, S.Pd., M.Pd.																																	
Learning model	Case Studies																																					
Program Learning Outcomes (PLO)	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: 50px; height: 20px;">P.O</td> </tr> </table>					P.O																															
P.O																																						
	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: 15px; height: 15px;">1</td> <td style="width: 15px; height: 15px;">2</td> <td style="width: 15px; height: 15px;">3</td> <td style="width: 15px; height: 15px;">4</td> <td style="width: 15px; height: 15px;">5</td> <td style="width: 15px; height: 15px;">6</td> <td style="width: 15px; height: 15px;">7</td> <td style="width: 15px; height: 15px;">8</td> <td style="width: 15px; height: 15px;">9</td> <td style="width: 15px; height: 15px;">10</td> <td style="width: 15px; height: 15px;">11</td> <td style="width: 15px; height: 15px;">12</td> <td style="width: 15px; height: 15px;">13</td> <td style="width: 15px; height: 15px;">14</td> <td style="width: 15px; height: 15px;">15</td> <td style="width: 15px; height: 15px;">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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Short Course Description	Understanding of the basics of karate refereeing rules, both general and specific, for judges and karate, as well as applying the basic skills of being a judge or karate referee according to WKF (World Karate Federation) regulations.																																					
References	Main :																																					
	<ol style="list-style-type: none"> 1. Bumpa Tudor O, Half G Gregory 2015: Theory and Methodology of Training 5th Edition, Lippincott Williams & Wilkins 2. Powers SK, Howley ET, 2009: Exercise Physiology, McGraw Hill; 3. Robinson paul E, 2015 Fondation of Sport Coaching, 2nd Edition, Routledge 4. Bumpa Tudor O, 2005, Total Training for your Champhion, Human Kinetics 5. Bumpa Tudor O Carrera Michael, 2000, Periodezation Training for Sport, Human Kinetics 6. Bumpa Tudor O, Michael Carrera, 2015, Conditioning Young Athlete, Human Kinetics 7. Yulfadinata Afifan, Wisnu Hari, 2017, Buku Ajar Mahasiswa Beladiri Karate 																																					
	Supporters:																																					
Supporting lecturer	Dr. Wijono, 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	Ability to understand the rules of kata competitions and the judging/refereeing system.	<ol style="list-style-type: none"> 1.Students are able to explain the point criteria included in the assessment category to get the maximum score 2.Students are able to explain the various assessments for word categories 3.Students are able to explain various types of violations for word categories 	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practice / Performance, Tests	Question and answer discussion lecture 4 X 50			80%
2	Ability to understand the rules of the word scoring category competition and the judging system	<ol style="list-style-type: none"> 1.Students are able to explain the assessment criteria which include disqualification and reduction in marks 2.Students are able to explain the various disqualifications for word categories 3.Students are able to explain the various types of value reductions for word categories 	Form of Assessment : Participatory Activities, Practice/Performance	Question and answer discussion lecture 4 X 50			80%
3	Ability to understand the rules of word category competitions and the judging system.	<ol style="list-style-type: none"> 1.Students are able to explain the criteria for points that get the maximum value or score 2.Students are able to explain the various assessments for word categories 3.Students are able to explain various types of violations for word categories 	Form of Assessment : Participatory Activities	The discussion lecture answers 4 X 50			80%
4	Ability to understand the rules of kumite (sparring) category matches	Students are able to explain the kumite (sparring) category assessment system		Lecture Discussion Questions and answers 4 X 50			0%
5	Ability to understand the rules of kumite (sparring) category matches	Students are able to explain the kumite (sparring) category assessment system	Forms of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment, Tests	Lecture Discussion Questions and answers 4 X 50			70%
6	Ability to understand the rules of kumite (sparring) category matches	Students are able to explain the kumite (sparring) category assessment system	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Tests	Lecture Discussion Questions and answers 4 X 50			75%
7	Ability to understand the rules of kumite (sparring) category matches	Students are able to explain the kumite (sparring) category assessment system	Forms of Assessment : Portfolio Assessment, Practical Assessment, Tests	Lecture Discussion Questions and answers 4 X 50			70%

8	Ability to understand the rules of kumite (sparring) category matches	Students are able to explain the kumite (sparring) category assessment system	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test	Lecture Discussion Questions and answers 4 X 50			75%
9	Ability to understand the rules of kumite (sparring) category matches	Students are able to explain the kumite (sparring) category assessment system		Lecture Discussion Questions and answers Practice 4 X 50			0%
10	UTS		Forms of Assessment : Project Results Assessment / Product Assessment, Portfolio Assessment, Practice / Performance, Tests	4 X 50			75%
11	Students are able to understand and simulate the kata category assessment system Students are able to understand and simulate the kumite category assessment system	1.Explanation of the simulation practice of assessing word categories 2.Explanation of the practice of simulating kumite category assessments	Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment	Lecture Discussion Questions and answers 4 X 50 simulation practice			70%
12	Students are able to understand and simulate the kata category assessment system Students are able to understand and simulate the kumite category assessment system	1.Explanation of the simulation practice of assessing word categories 2.Explanation of the practice of simulating kumite category assessments	Form of Assessment : Practical Assessment, Practice/Performance, Test	Lecture Discussion Questions and answers 4 X 50 simulation practice			80%
13	Students are able to understand and simulate the kata category assessment system Students are able to understand and simulate the kumite category assessment system	1.Explanation of the simulation practice of assessing word categories 2.Explanation of the practice of simulating kumite category assessments	Form of Assessment : Participatory Activities	Lecture Discussion Questions and answers 4 X 50 simulation practice			70%
14	Students are able to understand and simulate the kata category assessment system Students are able to understand and simulate the kumite category assessment system	1.Explanation of the simulation practice of assessing word categories 2.Explanation of the practice of simulating kumite category assessments	Forms of Assessment : Participatory Activities, Portfolio Assessment, Tests	Lecture Discussion Questions and answers 4 X 50 simulation practice			80%
15			Form of Assessment : Practical Assessment, Practice/Performance, Test				80%
16			Form of Assessment : Test	Practice			80%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	287.5%
2.	Project Results Assessment / Product Assessment	112.91%
3.	Portfolio Assessment	142.91%
4.	Practical Assessment	104.17%
5.	Practice / Performance	144.59%
6.	Test	272.92%
		100%

Notes

1. **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.

2. **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.
3. **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.
4. **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.
5. **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.
6. **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.
7. **Forms of assessment:** test and non-test.
8. **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.
9. **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.
10. **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.