



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																																		
Basic Pencak Silat Skills	8520202096		T=2 P=0 ECTS=3.18	1	July 17, 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 that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		<table border="1" style="margin: auto;"> <tr><td style="width: 50px; height: 30px;">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: auto;"> <tr> <td style="width: 50px; height: 30px;">P.O</td> <td colspan="16">Week</td> </tr> <tr> <td></td> <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> </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	This course discusses historical knowledge, competition tools and facilities, studying the basic techniques of pencak silat competitions which consist of basic stance skills, sitting stances, stances, step patterns, mounting stances, parrying, kicks, punches, falls, sweeps, catches, and IPSI single moves as well as understanding various strategic concepts of attack patterns and welcome patterns in pencak silat sports competitions and refereeing, as well as organizing pencak silat matches. Lectures are conducted using theory and practice. Assessment includes theory and practice.																																						
References	Main :																																						
	<ol style="list-style-type: none"> 1. Lubis, Johansyah. Wardoyo, Hendro. 2014. Pencak Silat (edisi kedua) . Jakarta: Rajagrafindo Persada. 2. Nugroho, Agung. 1995. Identifikasi Penilaian Prestasi Teknik dan Kerapian Teknik dalam Pertandingan Pencak Silat . Yogyakarta: Lemlit IKIP Yogyakarta 3. PB. IPSI. 2013. Peraturan Pertandingan Pencak Silat. Jakarta: PB. IPSI 4. Slamet. Kotot. 2003. Teknik Dasar Pencak Silat Tanding . PT. Dian Rakyat. 5. Harsono. 2003. Sejarah Terbentuknya Perguruan Historis, Disusun Dan Disampaikan Pada Sarasehan Perguruan Historis , Disampaikan Pada Munas IPSI Tahun 2003. 6. Notosoejito. 1997. Khazanah Pencak Silat. Jakarta: Sagung Seta. 7. Oong Maryono. 2000. Pencak Silat Merentang Waktu. Yogyakarta: Galang Press. 																																						
	Supporters:																																						
Supporting lecturer	Achmad Rizanul Wahyudi, S.Pd., M.Pd. Dr. Or. Gigih Siantoro, S.Pd., M.Pd.																																						
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 lecture rules, and introduction to pencak silat sports equipment	22 Explain the function of Introduction to pencak silat 22 Students are able to explain pencak silat sports equipment		Lectures, Discussions, practice and Questions and Answers 2 X 50			0%
2	Ability to understand the meaning of the history of the sport of Pencak silat.	a) Explain the origins of the Indonesian Pencak Silat sport. b) Describe the history of Pencak silat from the Colonial era, the Independence era and the development of Pencak silat sports. c) Explain the growth of various schools and schools in Pencak silat in accordance with the principles of Pancasila and the 1945 Constitution.		Lectures, discussions and questions and answers 2 X 50			0%
3	Ability to understand the meaning of the history of the sport of Pencak silat.	a) Explain the origins of the Indonesian Pencak Silat sport. b) Describe the history of Pencak silat from the Colonial era, the Independence era and the development of Pencak silat sports. c) Explain the growth of various schools and schools in Pencak silat in accordance with the principles of Pancasila and the 1945 Constitution.		Lectures, discussions and questions and answers 2 X 50			0%
4	Ability and mastery of basic pencak silat techniques and IPSI single moves.	22 Explains several basic stance techniques, sitting stance, stance. 22 Explains the empty hand IPSI single stance.		Lectures, demonstrations and direct practice 2 X 50			0%
5	Ability and mastery of basic pencak silat techniques and IPSI single moves.	22 Explains several basic stance techniques, sitting stance, stance. 22 Explains the empty hand IPSI single stance.		Lectures, demonstrations and direct practice 2 X 50			0%
6	Ability and mastery of basic pencak silat techniques and IPSI single moves.	22 Explains several types of basic techniques. 22 Explains single empty hand IPSI moves.		Lectures, demonstrations and direct practice 2 X 50			0%
7	Ability and mastery of basic pencak silat techniques and IPSI single moves.	22 Explains several types of basic techniques. 22 Explains single empty hand IPSI moves.		Lectures, demonstrations and direct practice 2 X 50			0%
8	Ability and mastery of basic pencak silat techniques and IPSI single moves.	22 Explains several types of basic techniques. 22 Explains single empty hand IPSI moves.		Lectures, demonstrations and direct practice 2 X 50			0%
9	Ability and mastery of basic pencak silat techniques	Explains several basic pencak silat techniques		Lectures, demonstrations and direct practice 2 X 50			0%
10	Conduct material evaluation (UTS)	Providing evaluations/practical exams	Criteria: Able to carry out training in basic pencak silat techniques (basic stance, sitting stance, stance, step patterns, stance, punches, kicks, blocks, falls and cuts).	Practice basic Pencak silat techniques 2 X 50			0%

11	Ability and mastery of the rules of pencak silat competitions in the IPSI sparring category and single moves	22 Explains the rules for match categories. 22 Explains the IPSI single stance of the machete weapon.		Lectures, demonstrations and direct practice 2 X 50			0%
12	Ability and mastery of the rules of pencak silat competitions in the IPSI sparring category and single moves	22 Explains the rules for match categories. 22 Explains the IPSI single stance of the machete weapon.		Lectures, demonstrations and direct practice 2 X 50			0%
13	Ability and mastery of basic pencak silat fighting techniques and IPSI single moves	22 Explains several basic defensive techniques. 22 Explains the single IPSI style of the cane weapon.		Lectures, demonstrations and direct practice 2 X 50			0%
14	Ability and mastery of basic pencak silat fighting techniques and IPSI single moves	22 Explains several basic defensive techniques. 22 Explains the single IPSI style of the cane weapon.		Lectures, demonstrations and direct practice 2 X 50			0%
15	Ability and mastery of basic pencak silat fighting techniques and IPSI single moves	22 Explains several basic attacking techniques. 22 Explains the single IPSI stance of the machete weapon.		Lectures, demonstrations and direct practice 2 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

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.**