



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
Boxing	8520202235		T=2	P=0	ECTS=3.18	2	July 18, 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"> <tr> <td>P.O</td> </tr> </table>	P.O																																														
P.O																																																	
PO Matrix at the end of each learning stage (Sub-PO)																																																	
	<table border="1"> <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> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																	

Short Course Description	Theoretical study and practical application of the history of boxing, game rules and boxing fundamentals include the concept of basic punching techniques and attitudes, including body position, body movement by going back and forth, left and right and turning, body coordination and concentration. learning is carried out using a collaborative strategy with cooperative activities, coordination activities and organization of learning experiences. The lecture activities ended with exercises to practice basic boxing techniques and evaluation of boxing skills.
--------------------------	--

References	Main :	
		<ol style="list-style-type: none"> 1. Saleh Basarah. 1989. Olahraga Tinju di Indonesia Peranan, Teknik, Sejarah dan Perkembangannya 2. Jan Oudshorn. 1988. Tinju Latihan-Teknik-Taktik. PT. Rosda Jayaputra Offset. Jakarta 3. Drs. Mayun Narendra, IGAR. 2000. Seni Olahraga Tinju. Jakarta 4. Rashid. 2002. Buku Panduan untuk Olahraga Tinju dengan Metode Ilmiah. Jakarta
	Supporters:	

Supporting lecturer	Dr. Wijono, 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	Understand the history of boxing and understanding the rules of the sport of boxing	1. Explain the history of world boxing 2. Explain the history of Indonesian boxing. 3. Explain the meaning of boxing	Criteria: Full marks are obtained if you do all the questions correctly	Collaborative motivation and Scientific Comprehension 3 X 50			0%
2	Understand the various basic boxing techniques	1. Explain and mention the basic techniques of punching 2. Explain and mention the basic techniques of parrying 3. Explain and mention the basic techniques of dodging 4. Explain and mention the basic techniques of counter attacks 5. Explain and mention the basic techniques of controlling counter attacks 6. Explain and mention the basic techniques trapping technique	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
3	Understand the various basic boxing techniques	1. Explain and mention the basic techniques of punching 2. Explain and mention the basic techniques of parrying 3. Explain and mention the basic techniques of dodging 4. Explain and mention the basic techniques of counter attacks 5. Explain and mention the basic techniques of controlling counter attacks 6. Explain and mention the basic techniques trapping technique	Criteria: Full marks are obtained if you do all the questions correctly	Collaborative motivation and Scientific Comprehension 3 X 50			0%

4	Able to perform basic punching techniques	1. Skilled in basic jab techniques 2. Skilled in basic straight techniques 3. Skilled in basic hook techniques 4. Skilled in basic uppercut techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
5	Able to perform basic punching techniques	1. Skilled in basic jab techniques 2. Skilled in basic straight techniques 3. Skilled in basic hook techniques 4. Skilled in basic uppercut techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative cognitive, scientific associative and humanistic automatic 3 X 50			0%
6	Able to perform basic parrying techniques	1. Skilled in performing basic outside parry techniques 2. Skilled in performing basic inside parry techniques 3. Skilled in performing basic cross parry techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
7	Able to perform basic parrying techniques	1. Skilled in performing basic block/cath techniques 2. Skilled in performing basic leverage guard techniques 3. Skilled in performing basic shoulder block techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
8	UTS	UTS	Criteria: UTS	UTS 3 X 50			0%
9	Able to perform basic parrying techniques	1. Skilled in performing basic Elbow block techniques 2. Skilled in performing basic brush away techniques 3. Skilled in performing basic forearm block techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative cognitive, scientific associative and humanistic automatic 3 X 50			0%

10	Able to perform basic parrying techniques	1. Skilled in basic cover techniques 2. Skilled in basic stop techniques 3. Skilled in basic crossarm block techniques 4. Skilled in basic clinch techniques 5. Skilled in performing basic drop shift techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
11	Able to perform basic dodging techniques	1. Skilled in performing basic inside slip techniques 2. Skilled in performing basic outside slip techniques 3. Skilled in performing basic ducking techniques 4. Skilled in basic weaving techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
12	Able to perform basic dodging techniques	1. Skilled in doing the basic side step technique 2. Skilled in doing the basic back step technique 3. Skilled in doing the basic rolling technique 4. Skilled in doing the basic drop away technique	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
13	Able to carry out counter attack techniques	1. Skilled in performing basic inside parry and left jab techniques 2. Skilled in performing basic outside parry and left jab techniques 3. Skilled in performing basic inside forearm and right hook techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%

14	Able to carry out techniques to master counter attacks	1. Skilled in performing the basic technique of inside slip and right straight to the chin 2. Skilled in performing the basic technique of outside parry and left upper cut 3. Skilled in performing the basic technique of Inside forearm and left uppercut	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
15	Able to carry out trapping techniques	1. Skilled in performing basic inside triple techniques 2. Skilled in performing basic outside triple high techniques 3. Skilled in performing basic techniques, low and low cross 4. Skilled in performing basic high and uppercut techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice	Collaborative motivation and Scientific Comprehension 3 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

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.

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.