



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																																																												
JUDO SPORT BRANCH TRAINING	8520204543	Compulsory Study Program Subjects	T=1 P=3 ECTS=6.36	3	July 17, 2024																																																												
AUTHORIZATION		SP Developer	Course Cluster Coordinator	Study Program Coordinator																																																													
		Andri Suyoko,S.Pd.,M.Kes.	Andri Suyoko,S.Pd.,M.Kes.	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)																																																																
	PO - 1	able to master the concepts and theories of sports coaching in JUDO sports																																																															
	PLO-PO Matrix																																																																
		<table border="1" style="margin: 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: auto;"> <tr> <td rowspan="2" style="width: 10%;">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																
P.O	Week																																																																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																																	
PO-1																																																																	
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 :																																																																
	1. Inakuma, sato. 1979. best judo 2. George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks 3. Daniel Bongard. 2006. Judo aide-memorie. Daniel Bongard																																																																
	Supporters:																																																																
Supporting lecturer	Muhammad Kharis Fajar, S.Pd., M.Pd. Shery Iris Zalillah, 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 Judo	<ol style="list-style-type: none"> 1.Knowing the History of World Jud0 2.Knowing the History of Indonesian Judo 3.Implement dress code 4.Implementing procedures for calling between Judo 5.Applying practice and training ethics in the dojo 	<p>Criteria: Retention of material</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions and questions and answers 4 X 50		<p>Material: History of judo</p> <p>Bibliography: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	0%
2	Able to know the history of development, ethics and philosophy of Judo	<ol style="list-style-type: none"> 1.Knowing the History of World Jud0 2.Knowing the History of Indonesian Judo 3.Implement dress code 4.Implementing procedures for calling between Judo 5.Applying practice and training ethics in the dojo 	<p>Criteria: Retention of material</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions and questions and answers 4 X 50		<p>Material: History of judo</p> <p>Bibliography: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	0%
3	Able to know the history of development, ethics and philosophy of Judo	<ol style="list-style-type: none"> 1.Knowing the History of World Jud0 2.Knowing the History of Indonesian Judo 3.Implement dress code 4.Implementing procedures for calling between Judo 5.Applying practice and training ethics in the dojo 	<p>Criteria: Retention of material</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions and questions and answers 4 X 50		<p>Material: History of judo</p> <p>Bibliography: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	0%
4	Able to know the history of development, ethics and philosophy of Judo	<ol style="list-style-type: none"> 1.Knowing the History of World Jud0 2.Knowing the History of Indonesian Judo 3.Implement dress code 4.Implementing procedures for calling between Judo 5.Applying practice and training ethics in the dojo 	<p>Criteria: Retention of material</p> <p>Form of Assessment : Participatory Activities</p>	Lectures, discussions and questions and answers 4 X 50		<p>Material: History of judo</p> <p>Bibliography: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	0%
5	Master all the falling techniques in the sport of judo	Able to practice judo falling techniques, De Ashi Harai, Hiza Gurama, sasae Tsurikomi Ashi, Ukigoshi and osoto gari	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	Theory and practice 4 X 50		<p>Material: falling technique</p> <p>References: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	5%

6	Master all the falling techniques in the sport of judo	Able to practice judo falling techniques, De Ashi Harai, Hiza Gurama, sasae Tsurikomi Ashi, Ukigoshi and osoto gari	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Theory and practice 4 X 50		Material: falling technique References: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i>	5%
7	Master all the falling techniques in the sport of judo	Able to practice judo falling techniques, De Ashi Harai, Hiza Gurama, sasae Tsurikomi Ashi, Ukigoshi and osoto gari	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	Theory and practice 4 X 50		Material: falling technique References: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i>	5%
8	UTS	UTS Assessment	Criteria: Evaluation Form of Assessment : Participatory Activities	carry out kick technique practice in the sport of judo 4 X 50		Material: UTS Bibliography: <i>Inakuma, sato. 1979. best judo</i>	35%
9	Students are able to master the Koshi Guruma Okuri Ashi Harai Advanced falling technique	Students can perform advanced falling techniques and advanced slam techniques	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	practice, drill practice 4 X 50		Material: falling technique Reader: <i>Daniel Bongard. 2006. Judo aide-memorie. Daniel Bongard</i>	5%
10	Students are able to master the Koshi Guruma Okuri Ashi Harai Advanced falling technique	Students can perform advanced falling techniques and advanced slam techniques	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	practice, drill practice 4 X 50		Material: falling technique Reader: <i>Daniel Bongard. 2006. Judo aide-memorie. Daniel Bongard</i>	5%
11	Students can perform basic bottom playing techniques and locking, strangling and breaking techniques	<ol style="list-style-type: none"> 1.Basic technique for playing down: crawling with both arms 2.walk on your back 3.Lay your legs up like pedaling a bicycle forward and backward 4.gatame keying technique 5.Kami Shiho Gatama 6.Yoko Shiho Gatame 7.strangulation technique: hadaka jime 8.Jime said 9.okuri eri jime 10.saltine fracture technique 11.ude hizigi juji gatame 	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	theory and practice 4 X 50		Material: basic bottom playing techniques and techniques for locking, strangling and breaking. Reader: <i>Daniel Bongard. 2006. Judo aide-memorie. Daniel Bongard</i>	6%

12	Students can perform basic bottom playing techniques and locking, strangling and breaking techniques	<ol style="list-style-type: none"> 1.Basic technique for playing down: crawling with both arms 2.walk on your back 3.Lay your legs up like pedaling a bicycle forward and backward 4.gatame keying technique 5.Kami Shiho Gatama 6.Yoko Shiho Gatame 7.strangulation technique: hadaka jime 8.Jime said 9.okuri eri jime 10.saltine fracture technique 11.ude hizigi juji gatame 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	theory and practice 4 X 50		<p>Material: basic bottom playing techniques and techniques for locking, strangling and breaking. Reader: <i>Daniel Bongard. 2006. Judo aide-memorie. Daniel Bongard</i></p>	4%
13	Students can break away from defensive attacks and counterattack	<ol style="list-style-type: none"> 1.Students can perform interesting techniques 2.pushing technique 3.holding technique 4.counter attack technique 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities</p>	practice and theory 4 X 50		<p>Material: holding attacks and counterattacks Reader: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	3%
14	students understand the rules of judo games and matches	<ol style="list-style-type: none"> 1.Students can understand: the classes being competed in 2.Judo clothing for matches 3.time/length of the match 4.match field 5.procedures for when you want to compete 6.weighing 7.competition organizing committee 8.match organization system 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Participatory Activities, Project Results Assessment / Product Assessment</p>	lecture, question and answer, discussion 4 X 50		<p>Material: rules of judo games and competitions Reference: <i>Inakuma, sato. 1979. best judo</i></p>	4%
15	Students can understand the rules of judo refereeing as prospective athletes, match committee members or prospective judo referees	<ol style="list-style-type: none"> 1.Students can understand the refereeing regulations and the requirements to become a referee 2.the referee's duties in the match 3.the referee's decision in the match 	<p>Criteria: Assignments and practicums</p> <p>Form of Assessment : Project Results Assessment / Product Assessment, Test</p>	lecture, question and answer, discussion 4 X 50		<p>Material: refereeing Bibliography: <i>George J. Thompson, Jerry B. Jenkins. 2013. Verbal Judo: The Gentle Art of Persuasion. William Morrow Paperbacks</i></p>	3%

16	Students can take exams in an orderly and smooth manner	<ol style="list-style-type: none"> 1. Uastheory 2. basic falling techniques 3. basic slamming techniques 4. Advanced slamming techniques 5. locking, strangling and breaking techniques 6. randori/sparring 	Criteria: Assignments and practicums Form of Assessment : Participatory Activities	4 X 50		Material: UAS Bibliography: George J. Thompson, Jerry B. Jenkins. 2013. <i>Verbal Judo: The Gentle Art of Persuasion.</i> William Morrow Paperbacks	20%
----	---	---	---	--------	--	---	-----

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	95%
2.	Project Results Assessment / Product Assessment	3.5%
3.	Test	1.5%
		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.