



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																																																			
JIU JITSU SPORT TRAINING	8520204553		T=1	P=3	ECTS=6.36	3	July 18, 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 the sport of jiu-jitsu																																																								
	PLO-PO Matrix																																																									
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="text-align: center;">P.O</td></tr> <tr><td style="text-align: center;">PO-1</td></tr> </table>						P.O	PO-1																																																	
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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 style="text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">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><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																																																										
Short Course Description	Theoretical study and practical application of the history of Jiu Jitsu, game rules and boxing fundamentals include the basic technical concepts of punches, kicks and stances, 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 practice practicing basic Jiu Jitsu techniques and evaluating Jiu Jitsu 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. Muhammad Kharis Fajar, 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	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 Form of Assessment : Participatory Activities, Practice/Performance	Collaborative motivation and Scientific Comprehension 3 X 50		Material: History of jiu jitsu Reader: Saleh Basarah. 1989. <i>The Role, Tennis, History and Development of Boxing in Indonesia</i>	0%
2	Understand 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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: Basic jujitsu techniques Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	0%
3	Understand 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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: Basic techniques References: Drs. Mayun Narendra, IGAR. 2000. <i>The Art of Boxing. Jakarta</i>	0%

4	Understand various basic boxing techniques	<ol style="list-style-type: none"> 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 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Collaborative motivation and Scientific Comprehension 3 X 50		<p>Material: Basic techniques</p> <p>References: <i>Drs. Mayun Narendra, IGAR. 2000. The Art of Boxing. Jakarta</i></p>	0%
5	Understand various basic boxing techniques	<ol style="list-style-type: none"> 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 	<p>Criteria: Full marks are obtained if you do all the questions correctly</p> <p>Form of Assessment : Participatory Activities</p>	Collaborative motivation and Scientific Comprehension 3 X 50		<p>Material: Basic techniques</p> <p>References: <i>Drs. Mayun Narendra, IGAR. 2000. The Art of Boxing. Jakarta</i></p>	0%
6	Able to perform basic parrying techniques	<ol style="list-style-type: none"> 1. Skilled in performing basic outside parry techniques 2. Skilled in performing basic inside parry techniques 3. Skilled in performing basic cross parry techniques 	<p>Criteria: Full marks are obtained if you do all the questions correctly and practice</p> <p>Form of Assessment : Participatory Activities</p>	Collaborative motivation and Scientific Comprehension 3 X 50		<p>Material: basic parrying techniques</p> <p>Reader: <i>Rashid. 2002. Guidebook for Boxing with Scientific Methods. Jakarta</i></p>	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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: Engineering Library: <i>Drs. Mayun Narendra, IGAR. 2000. The Art of Boxing. Jakarta</i>	0%
8	UTS	UTS	Criteria: UTS Form of Assessment : Participatory Activities	UTS 3 X 50		Material: uts Library:	49%
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 Form of Assessment : Participatory Activities	Collaborative cognitive, associative scientific and humanistic automatic 3 X 50		Material: Basic techniques Library:	0%
10	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 Form of Assessment : Participatory Activities	Collaborative cognitive, associative scientific and humanistic automatic 3 X 50		Material: Basic techniques Library:	0%
11	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 Form of Assessment : Participatory Activities	Collaborative cognitive, associative scientific and humanistic automatic 3 X 50		Material: Basic techniques Library:	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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: Basic techniques Reader: <i>Saleh Basarah. 1989. The Role, Tennis, History and Development of Boxing in Indonesia</i>	0%

13	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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic techniques Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	1%
14	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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic techniques Reader: Saleh Basarah. 1989. <i>The Role, Tennis, History and Development of Boxing in Indonesia</i>	0%
15	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 Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic techniques References: Drs. Mayun Narendra, IGAR. 2000. <i>The Art of Boxing. Jakarta</i>	0%
16	UAS	UAS assessment	Criteria: UAS assessment Form of Assessment : Participatory Activities	OFFLINE		Material: UAS Literature:	50%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	100%
		100%

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.

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.