



**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											
<b>WRESTLING BRANCH TRAINING</b>	8520204558	Compulsory Study Program Subjects	T=1	P=3	ECTS=6.36	3	January 1, 2024											
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>												
	Muhammad Kharis Fajar, S.Pd., M.Pd.		Muhammad Kharis Fajar, S.Pd., M.Pd.			Dr. Or. Muhammad, S.Pd., M.Pd.												
<b>Learning model</b>	<b>Case Studies</b>																	
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program which is charged to the course</b>																	
	<b>Program Objectives (PO)</b>																	
	<b>PO - 1</b>	able to master the concepts and theories of wrestling training and competitions in the world of sports coaching																
	<b>PLO-PO Matrix</b>																	
		P.O																
	PO-1																	
	<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																	
	P.O	Week																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
	PO-1																	
<b>Short Course Description</b>	This course introduces and understands wrestling as an achievement sport for self-defense, improving fitness, personality development, discipline and achievement																	
<b>References</b>	<b>Main :</b>																	
	1. International Wrestling Rules Greco-Roman Federal International des Lutles Association. 2. <a href="http://www.fila.wrestling.com/index.php?option=com_content&amp;task=view&amp;id=18&amp;Itemid=36">http://www.fila.wrestling.com/index.php?option=com_content&amp;task=view&amp;id=18&amp;Itemid=36</a> 3. International Wrestling Rules FreeStyle. Federal International des Lutlesb Association. 4. <a href="http://www.fila.wrestling.com/index.php?option=com_content&amp;task=view&amp;id=33&amp;Itemid=75">http://www.fila.wrestling.com/index.php?option=com_content&amp;task=view&amp;id=33&amp;Itemid=75</a> 5. Sunaryadi, Yadi, Drs.,M.Pd. Wrestling (Gulat) Biomekanika Dasar Untuk Pelatih Gulat. 6. <a href="http://www.google.com/search?q=TEKNIK+DASAR+GULAT&amp;hl=en&amp;ei=9CikTMHqDsWzrAeZxaHZDQ&amp;start=10&amp;sa=N">http://www.google.com/search?q=TEKNIK+DASAR+GULAT&amp;hl=en&amp;ei=9CikTMHqDsWzrAeZxaHZDQ&amp;start=10&amp;sa=N</a> 7. Panduan Teknis Cabor Gulat PON XVII Kaltim. www.tandingpon.com 8. 5. PB. PON. 2016 Technical Handbook Cabang Olahraga Gulat. PB PON. Bandung																	
	<b>Supporters:</b>																	
<b>Supporting lecturer</b>	Tutur Jatmiko, S.Pd., M.Kes. 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	Students are able to identify and interpret basic wrestling techniques, playing positions, basic foot techniques	· Wrestling playing positions · Basic foot techniques	<b>Criteria:</b> foot position balance advanced movement <b>Form of Assessment :</b> Participatory Activities	Practical lecture discussion of 4 X 50 work quotes		<b>Material:</b> Basic techniques <b>Library:</b> <i>International Wrestling Rules Greco-Roman Federal International des Lutles Association.</i>	5%
2	Students are able to identify and interpret basic wrestling techniques, playing positions, basic foot techniques	· Wrestling playing positions · Basic foot techniques	<b>Criteria:</b> foot position balance advanced movement <b>Form of Assessment :</b> Participatory Activities	Practical lecture discussion of 4 X 50 work quotes		<b>Material:</b> Basic techniques <b>Library:</b> <a href="http://www.fila.wrestling.com/">http://www.fila.wrestling.com/...</a>	5%
3	Students are able to identify and interpret basic wrestling techniques, playing positions, basic foot techniques	· Wrestling playing positions · Basic foot techniques	<b>Criteria:</b> foot position balance advanced movement <b>Form of Assessment :</b> Participatory Activities	Practical lecture discussion of 4 X 50 work quotes		<b>Material:</b> Basic techniques <b>Library:</b> <a href="http://www.fila.wrestling.com/">http://www.fila.wrestling.com/...</a>	5%
4	Students are able to identify and interpret basic grip and lock techniques	· Grip technique · Locking technique	<b>Criteria:</b> 1.grip results 2.lock position <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic grip and lock techniques <b>Reference:</b> <i>Sunaryadi, Yadi, Drs., M.Pd. Wrestling (Wrestling) Basic Biomechanics for Wrestling Coaches.</i>	5%
5	Students are able to identify and interpret basic grip and lock techniques	· Grip technique · Locking technique	<b>Criteria:</b> 1.grip results 2.lock position <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic grip and lock techniques <b>Reference:</b> <i>Sunaryadi, Yadi, Drs., M.Pd. Wrestling (Wrestling) Basic Biomechanics for Wrestling Coaches.</i>	5%
6	Students are able to identify and interpret basic grip and lock techniques	· Grip technique · Locking technique	<b>Criteria:</b> 1.grip results 2.lock position <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic grip and lock techniques <b>Reference:</b> <i>Sunaryadi, Yadi, Drs., M.Pd. Wrestling (Wrestling) Basic Biomechanics for Wrestling Coaches.</i>	5%
7	Students are able to identify and interpret basic grip and lock techniques	· Grip technique · Locking technique	<b>Criteria:</b> 1.grip results 2.lock position <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic grip and lock techniques <b>Reference:</b> <i>Sunaryadi, Yadi, Drs., M.Pd. Wrestling (Wrestling) Basic Biomechanics for Wrestling Coaches.</i>	5%
8	UTS	Basic foot techniques, grips and locks	<b>Criteria:</b> Foot Movements Grappling Movements, movements and locking results <b>Form of Assessment :</b> Participatory Activities	Midterm Exam 4 X 50		<b>Material:</b> UTS <b>Library:</b> <a href="http://www.fila.wrestling.com/">http://www.fila.wrestling.com/...</a>	10%
9	Students are able to identify and interpret basic falling techniques	· Drop technique	<b>Criteria:</b> fallout <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic Tumbling Techniques <b>Library:</b> <i>International Wrestling Rules Greco-Roman Federal International des Lutles Association.</i>	5%
10	Students are able to identify and interpret basic falling techniques	· Drop technique	<b>Criteria:</b> fallout <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic Tumbling Techniques <b>Library:</b> <i>International Wrestling Rules Greco-Roman Federal International des Lutles Association.</i>	5%
11	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic techniques <b>Library Scroll:</b> <i>Technical Guide to the Wrestling Sport of PON XVII East Kalimantan. www.tandingpon.com</i>	5%
12	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic techniques <b>Library Scroll:</b> <i>Technical Guide to the Wrestling Sport of PON XVII East Kalimantan. www.tandingpon.com</i>	5%
13	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic techniques <b>Library Scroll:</b> <i>Technical Guide to the Wrestling Sport of PON XVII East Kalimantan. www.tandingpon.com</i>	5%

14	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types  <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic techniques <b>Library Scroll:</b> <i>Technical Guide to the Wrestling Sport of PON XVII East Kalimantan.</i> <a href="http://www.tandingpon.com">www.tandingpon.com</a>	5%
15	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types  <b>Form of Assessment :</b> Participatory Activities	lecture practice discussion 4 X 50		<b>Material:</b> Basic techniques <b>Library Scroll:</b> <i>Technical Guide to the Wrestling Sport of PON XVII East Kalimantan.</i> <a href="http://www.tandingpon.com">www.tandingpon.com</a>	5%
16	UAS	UAS	<b>Criteria:</b> UAS  <b>Form of Assessment :</b> Practice/Performance, Test	UAS		<b>Material:</b> UAs <b>Library:</b> <a href="http://www.fila.wrestling.com/">http://www.fila.wrestling.com/...</a>	20%

#### Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	80%
2.	Practice / Performance	10%
3.	Test	10%
		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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.