



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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|--|-----------------------------------|---|-------------------|-----------------------------------|-------------------------|-----|------|----|----|----|----|----|----|----|--|--|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| Wushu sport coaching | 8520203342 | | T=2 | P=2 | ECTS=6.36 | 3 | 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-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; height: 20px;">P.O</td> </tr> </table> | | | | | | P.O | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P.O | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PO Matrix at the end of each learning stage (Sub-PO) | <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 50px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">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 | This course discusses technical, tactical, strategic, training methods in the sport of Wushu consisting of abilities in the Sansho and Taulo categories. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| References | Main : | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1. 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Supporters: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Supporting lecturer | Muhammad Kharis Fajar, S.Pd., M.Pd. Andri Suyoko, 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 | Ability to understand lecture rules, and introduction to Wushu sports equipment | Course rules Explanation of functions Introduction to the sport of Wushu Structured assignment distribution | | Lectures, Discussions, practice and Questions and Answers 4 X 50 | | | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| 2 | Understand the history and development of world and Indonesian Wushu sports | a. Explains the origins of the Indonesian Wushu sport. b. Outlining the History of Wushu and the Development of Wushu Sports in Indonesia and the World c. Explains the growth of various gyms in the sport of Wushu | | Lectures, discussions and questions and answers 4 X 50 | | | 0% |
| 3 | Understand the history and development of world and Indonesian Wushu sports | a. Explains the origins of Indonesian Wushu sports. b. Outlining the History of Wushu in the world. c. Explains the growth of various gyms in the sport of Wushu | | Lectures, discussions and questions and answers 4 X 50 | | | 0% |
| 4 | Understand and master the basic techniques of Wushu sports | Explains several basic Wushu Sanda number techniques | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 5 | Understand and master the basic techniques of the Taolu number Wushu sport | Explains several basic techniques for the Taolu number wushu sport | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 6 | Understand and master the basic techniques of the Taolu number Wushu sport | Explains several basic techniques for the Taolu number wushu sport | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 7 | Ability to perform basic short and long weapon techniques | Able to perform basic short and long weapon techniques | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 8 | Ability to perform basic short and long weapon techniques | Able to perform basic short and long weapon techniques | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 9 | Ability to perform basic short and long weapon techniques | Able to perform basic short and long weapon techniques | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 10 | UTS | | | 3 X 50 | | | 0% |
| 11 | able to perform Changquan junior C moves | Able to understand and master junior C's Changquan technique | | Listening, Practice, and searching on the internet 4 X 50 | | | 0% |
| 12 | able to perform Changquan junior C moves | Able to understand and master junior C's Changquan technique | | Listening, Practice, and searching on the internet 4 X 50 | | | 0% |

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|----|--|--|--|--|--|--|----|
| 13 | Understand and master short and long weapon techniques | Able to understand and master short and long weapon techniques | | practice 4 X 50 | | | 0% |
| 14 | Understand and master short and long weapon techniques | Able to understand and master short and long weapon techniques | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 15 | Understand and master short and long weapon techniques | Able to understand and master short and long weapon techniques | | Listening, Practice and discussion 4 X 50 | | | 0% |
| 16 | UAS | | | 3 X 50 | | | 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.
- 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.