



**Universitas Negeri Surabaya**  
**Faculty of Sports and Health Sciences**  
**S1 Sports Coaching Education Study Program**

Document Code

**SEMESTER LEARNING PLAN**

<b>Courses</b>	<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																
MANAGEMENT OF HEAVY LIFTING SPORTS ORGANIZATION AND REFEREEING	8520204666	Compulsory Study Program Subjects	T=1	P=3	ECTS=6.36	6	July 17, 2024																																
<b>AUTHORIZATION</b>	<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																	
	.....		Tutur Jatmiko, S.Pd., M.Kes			Dr. Or. Muhammad, S.Pd., M.Pd.																																	
<b>Learning model</b>	<b>Project Based Learning</b>																																						
<b>Program Learning Outcomes (PLO)</b>	<b>PLO study program which is charged to the course</b>																																						
	<b>PLO-1</b>	Able to demonstrate religious, national and cultural values, as well as academic ethics in carrying out their duties																																					
	<b>PLO-2</b>	Demonstrate the character of being tough, collaborative, adaptive, innovative, inclusive, lifelong learning and entrepreneurial spirit																																					
	<b>PLO-3</b>	Develop logical, critical, systematic and creative thinking in carrying out specific work in their field of expertise and in accordance with work competency standards in the field concerned																																					
	<b>PLO-4</b>	Develop yourself continuously and collaborate.																																					
	<b>PLO-5</b>	Able to design effective and innovative training programs based on scientific principles and the latest research in various sports.																																					
	<b>PLO-6</b>	Able to design, implement and evaluate innovative and effective sports learning processes.																																					
	<b>PLO-7</b>	Able to identify and evaluate business opportunities in the sports industry, as well as develop innovative business ideas.																																					
	<b>PLO-8</b>	Able to design and carry out high quality research in the field of sports, as well as publish research results in reputable scientific journals.																																					
	<b>Program Objectives (PO)</b>																																						
<b>PLO-PO Matrix</b>																																							
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">P.O</td> <td style="width: 10%;">PLO-1</td> <td style="width: 10%;">PLO-2</td> <td style="width: 10%;">PLO-3</td> <td style="width: 10%;">PLO-4</td> <td style="width: 10%;">PLO-5</td> <td style="width: 10%;">PLO-6</td> <td style="width: 10%;">PLO-7</td> <td style="width: 10%;">PLO-8</td> </tr> </table>							P.O	PLO-1	PLO-2	PLO-3	PLO-4	PLO-5	PLO-6	PLO-7	PLO-8																							
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<b>PO Matrix at the end of each learning stage (Sub-PO)</b>																																							
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="15" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%;">1</td> <td style="width: 5%;">2</td> <td style="width: 5%;">3</td> <td style="width: 5%;">4</td> <td style="width: 5%;">5</td> <td style="width: 5%;">6</td> <td style="width: 5%;">7</td> <td style="width: 5%;">8</td> <td style="width: 5%;">9</td> <td style="width: 5%;">10</td> <td style="width: 5%;">11</td> <td style="width: 5%;">12</td> <td style="width: 5%;">13</td> <td style="width: 5%;">14</td> <td style="width: 5%;">15</td> <td style="width: 5%;">16</td> </tr> </table>							P.O	Week															1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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<b>Short Course Description</b>	Understanding of the concepts and applications of Management, Organizing and Refereeing for Weight Lifting Sports. This course examines the management and refereeing of weightlifting.																																						
<b>References</b>	<b>Main :</b>																																						
	<ol style="list-style-type: none"> <li>1. Bompa. 2015. Total Training for Young Champions. Australia: Human Kinetics</li> <li>2. 8. Bompa, Tudor O. 2015. Periodization Training For Sports 3rd Edition. USA. Human Kinetics</li> <li>3. 18. Joyce, David &amp; Daniel Lewindon. 2014. High-Performance Training for Sports. USA. Human Kinetic</li> <li>4. 2. Bompa, Tudor O &amp; Gregory Haff . 2000. Periodization Theory and Methodology of Training. 5rd Edition. USA. Human Kinetics</li> <li>5. IWF TECHNICAL AND COMPETITION RULES &amp; REGULATIONS 2022</li> </ol>																																						
	<b>Supporters:</b>																																						

Supporting lecturer		Tutor Jatmiko, 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	Understanding college contracts Understanding the Organizing of Weight Lifting Competitions	<ol style="list-style-type: none"> <li>1.Able to understand college contracts</li> <li>2.Able to explain the meaning of training and its scope</li> <li>3.Able to explain the objectives of the exercise</li> <li>4.Able to group types of skills</li> <li>5.Be able to explain the body's adaptation process to strength training</li> <li>6.Able to show the impact of exercise on physical development</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
2	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> <li>1.Able to explain match management</li> <li>2.Able to explain the competition committee</li> <li>3.Able to group the tasks of the match committee</li> <li>4.Able to explain competition equipment needs</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
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5	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> <li>1. Able to explain match management</li> <li>2. Able to explain the competition committee</li> <li>3. Able to group the tasks of the match committee</li> <li>4. Able to explain competition equipment needs</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
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8	UTS	UTS	<b>Criteria:</b> UTS  <b>Form of Assessment :</b> Portfolio Assessment	UTS 4 X 50			15%

9	Understand about weightlifting officiating	<ol style="list-style-type: none"> <li>1.Duties and roles of referees in match preparation</li> <li>2.Duties and roles of referees in matches</li> <li>3.Duties and Roles of the Technical Delegate</li> <li>4.Duties and Roles of the Board of Judges</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			0%
10	Understand about weightlifting officiating	<ol style="list-style-type: none"> <li>1.Duties and roles of referees in match preparation</li> <li>2.Duties and roles of referees in matches</li> <li>3.Duties and Roles of the Technical Delegate</li> <li>4.Duties and Roles of the Board of Judges</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
11	Understand about weightlifting officiating	<ol style="list-style-type: none"> <li>1.Duties and roles of referees in match preparation</li> <li>2.Duties and roles of referees in matches</li> <li>3.Duties and Roles of the Technical Delegate</li> <li>4.Duties and Roles of the Board of Judges</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
12	Understand about weightlifting officiating	<ol style="list-style-type: none"> <li>1.Duties and roles of referees in match preparation</li> <li>2.Duties and roles of referees in matches</li> <li>3.Duties and Roles of the Technical Delegate</li> <li>4.Duties and Roles of the Board of Judges</li> </ol>	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%

13	Understand about weightlifting officiating	1.Duties and roles of referees in match preparation 2.Duties and roles of referees in matches 3.Duties and Roles of the Technical Delegate 4.Duties and Roles of the Board of Judges	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
14	Understand about weightlifting officiating	1.Duties and roles of referees in match preparation 2.Duties and roles of referees in matches 3.Duties and Roles of the Technical Delegate 4.Duties and Roles of the Board of Judges	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
15	Understand about weightlifting officiating	1.Duties and roles of referees in match preparation 2.Duties and roles of referees in matches 3.Duties and Roles of the Technical Delegate 4.Duties and Roles of the Board of Judges	<b>Criteria:</b> Assessment rubric  <b>Form of Assessment :</b> Participatory Activities	Lectures and discussions 4 X 50			5%
16	UAS	UAS	<b>Criteria:</b> UAS  <b>Form of Assessment :</b> Portfolio Assessment, Practice / Performance	UAS 4 X 50			20%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
1.	Participatory Activities	65%
2.	Portfolio Assessment	25%
3.	Practice / Performance	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.
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.