



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																																
MANAGEMENT OF ORGANIZATION AND REFEREE OF HEAVY LIFTING/IRON LIFTING/Bodybuilding Sports	8520204671		T=0	P=0	ECTS=0	6	July 19, 2024																																
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																	
			Dr. Or. Muhammad, S.Pd., M.Pd.																																	
Learning model	Project Based Learning																																						
Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		P.O																																					
Short Course Description	Understanding of the concepts and applications of Management, Organizing and Refereeing for Weight Lifting Sports. This course examines the management and refereeing of weightlifting.																																						
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="2" style="width: 5%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 2%;">1</td> <td style="width: 2%;">2</td> <td style="width: 2%;">3</td> <td style="width: 2%;">4</td> <td style="width: 2%;">5</td> <td style="width: 2%;">6</td> <td style="width: 2%;">7</td> <td style="width: 2%;">8</td> <td style="width: 2%;">9</td> <td style="width: 2%;">10</td> <td style="width: 2%;">11</td> <td style="width: 2%;">12</td> <td style="width: 2%;">13</td> <td style="width: 2%;">14</td> <td style="width: 2%;">15</td> <td style="width: 2%;">16</td> </tr> </table>							P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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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"> 1.Able to understand college contracts 2.Able to explain the meaning of training and its scope 3.Able to explain the objectives of the exercise 4.Able to group types of skills 5.Be able to explain the body's adaptation process to strength training 6.Able to show the impact of exercise on physical development 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
2	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> 1.Able to explain match management 2.Able to explain the competition committee 3.Able to group the tasks of the match committee 4.Able to explain competition equipment needs 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
3	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> 1.Able to explain match management 2.Able to explain the competition committee 3.Able to group the tasks of the match committee 4.Able to explain competition equipment needs 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%

4	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> 1.Able to explain match management 2.Able to explain the competition committee 3.Able to group the tasks of the match committee 4.Able to explain competition equipment needs 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
5	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> 1.Able to explain match management 2.Able to explain the competition committee 3.Able to group the tasks of the match committee 4.Able to explain competition equipment needs 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
6	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> 1.Able to explain match management 2.Able to explain the competition committee 3.Able to group the tasks of the match committee 4.Able to explain competition equipment needs 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
7	Understanding about Organizing Weight Lifting Competitions	<ol style="list-style-type: none"> 1.Able to explain match management 2.Able to explain the competition committee 3.Able to group the tasks of the match committee 4.Able to explain competition equipment needs 	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%

8	UTS	UTS	Criteria: UTS Form of Assessment : Portfolio Assessment	UTS 4 X 50			15%
9	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	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			0%
10	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	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
11	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	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
12	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	Criteria: Assessment rubric Form of Assessment : 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	Criteria: Assessment rubric Form of Assessment : 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	Criteria: Assessment rubric Form of Assessment : 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	Criteria: Assessment rubric Form of Assessment : Participatory Activities	Lectures and discussions 4 X 50			5%
16	UAS	UAS	Criteria: UAS Form of Assessment : 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

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.