

		<b>Universitas Negeri Surabaya</b> <b>Faculty of Sports and Health Sciences</b> <b>S1 Sports Coaching Education Study Program</b>					<b>Document Code</b>		
<b>SEMESTER LEARNING PLAN</b>									
<b>Courses</b>		<b>CODE</b>	<b>Course Family</b>		<b>Credit Weight</b>		<b>SEMESTER</b>	<b>Compilation Date</b>	
Physical, Technical, Tactics & Mental Training Methods for the Sport of Wrestling		8520204514			T=1	P=0	ECTS=1.59	4 July 18, 2024	
<b>AUTHORIZATION</b>		<b>SP Developer</b>		<b>Course Cluster Coordinator</b>		<b>Study Program Coordinator</b>			
		.....		.....		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 that is charged to the course</b>								
	<b>Program Objectives (PO)</b>								
	<b>PLO-PO Matrix</b>								
	<table border="1" style="margin: auto;"> <tr> <td style="width: 100px; height: 30px;"></td> <td style="width: 100px; height: 30px; text-align: center;">P.O</td> </tr> </table>								
	P.O								
<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>		<ol style="list-style-type: none"> <li>1. International Wrestling Rules Greco-Roman Federal International des Lutles Association.</li> <li>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></li> <li>3. International Wrestling Rules FreeStyle. Federal International des Lutlesb Association.</li> <li>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></li> <li>5. Sunaryadi, Yadi, Drs.,M.Pd. Wrestling (Gulat) Biomekanika Dasar Untuk Pelatih Gulat.</li> <li>6. <a href="http://www.google.com/search?q=TEKNIK%20GULAT&amp;hl=en&amp;ei=9CikTMHqDsWzrAeZxaHZDQ&amp;start=10&amp;sa=N">http://www.google.com/search?q=TEKNIK GULAT&amp;hl=en&amp;ei=9CikTMHqDsWzrAeZxaHZDQ&amp;start=10&amp;sa=N</a></li> <li>7. Panduan Teknis Cabor Gulat PON XVII Kaltim. www.tandingpon.com</li> <li>8. 5. PB. PON. 2016 Technical Handbook Cabang Olahraga Gulat. PB PON. Bandung</li> </ol>						DASAR
	<b>Supporters:</b>								
	<b>Supporting lecturer</b>		Tutur Jatmiko, S.Pd., M.Kes. Andri Suyoko, S.Pd., M.Kes.						
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>		
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>				

(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	Practical lecture discussion of 4 X 50 work quotes			0%
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	Practical lecture discussion of 4 X 50 work quotes			0%
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	Practical lecture discussion of 4 X 50 work quotes			0%
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	lecture practice discussion 4 X 50			0%
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	lecture practice discussion 4 X 50			0%
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	lecture practice discussion 4 X 50			0%
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	lecture practice discussion 4 X 50			0%
8	Students are able to identify and interpret basic foot techniques, grips and locks	Basic foot techniques, grips and locks	<b>Criteria:</b> Foot Movements Grappling Movements, movements and locking results	Midterm Exam 4 X 50			0%
9	Students are able to identify and interpret basic falling techniques	· Drop technique	<b>Criteria:</b> fallout	lecture practice discussion 4 X 50			0%
10	Students are able to identify and interpret basic falling techniques	· Drop technique	<b>Criteria:</b> fallout	lecture practice discussion 4 X 50			0%
11	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types	lecture practice discussion 4 X 50			0%
12	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types	lecture practice discussion 4 X 50			0%
13	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types	lecture practice discussion 4 X 50			0%
14	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types	lecture practice discussion 4 X 50			0%
15	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	<b>Criteria:</b> Roll ResultsReel Types	lecture practice discussion 4 X 50			0%

16							0%
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**Evaluation Percentage Recap: Case Study**

No	Evaluation	Percentage
		0%

**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.