



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																																																																																																				
coaching the sport of pencak silat	8520203321	Compulsory Study Program Subjects	T=2	P=2	ECTS=6.36	3	January 1, 2023																																																																																																				
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																																																																																					
	Achmad Rizanul Wahyudi, S.Pd., M.Pd		Achmad Rizanul Wahyudi, S.Pd., M.Pd			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)																																																																																																										
	PO - 1	Able to take professional responsibility for individual and group performance																																																																																																									
	PO - 2	Able to apply concepts, theoretical and practical basic pencak silat training																																																																																																									
	PO - 3	Able to be responsible for the results of group work on basic pencak silat training materials and able to supervise and evaluate the performance of its members																																																																																																									
	PO - 4	Able to train techniques, physical, tactical and mental aspects of the sport of pencak silat																																																																																																									
	PLO-PO Matrix																																																																																																										
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PO Matrix at the end of each learning stage (Sub-PO)																																																																																																											
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Short Course Description	This course discusses techniques, tactics, strategies, training methods in Pencak Silat consisting of skills in the sparring, singles, doubles and team categories.																																																																																																										
References	Main :																																																																																																										

1. Lubis, Johansyah. Wardoyo, Hendro. 2014. Pencak Silat (edisi kedua) . Jakarta: Rajagravindo Persada.
2. Nugroho, Agung. 1995. Identifikasi Penilaian Prestasi Teknik dan Kerapian Teknik dalam Pertandingan Pencak Silat . Yogyakarta: Lemlit IKIP Yogyakarta
3. PB. IPSI. 2013. Peraturan Pertandingan Pencak Silat. Jakarta: PB. IPSI
4. Slamet. Kotot. 2003. Teknik Dasar Pencak Silat Tanding . PT. Dian Rakyat.
5. Harsono. 2003. Sejarah Terbentuknya Perguruan Historis, Disusun Dan Disampaikan Pada Sarasehan Perguruan Historis , Disampaikan Pada Munas IPSI Tahun 2003.
6. Wahyudi,Achmad Rizanul. Fajar, Muhammad Kharis. 2019. Keterampilan Dasar Pencak Silat. Sidoarjo: Zifatama Jawaara.

Supporters:

Supporting lecturer Achmad Rizanul Wahyudi, 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	Ability to understand lecture rules, and introduction to pencak silat sports equipment	Course rules Explanation of functions Introduction to pencak silat Structured distribution of tasks	Form of Assessment : Participatory Activities	Lectures, Discussions, practice and Questions and Answers 3 X 50		Material: Ability to understand lecture rules, and introduction to pencak silat sports equipment Library: PB. IPSI. 2013. <i>Pencak Silat Competition Rules.</i> Jakarta: PB. IPSI	4%
2	Understand the history and development of world and Indonesian pencak silat	a. Explains the origins of the Indonesian Pencak Silat sport. b. Outlining the history of pencak silat from the colonial era, the era of independence and the development of pencak silat sports. c. Explains the growth of various schools and schools in Pencak Silat in accordance with the principles of Pancasila and the 1945 Constitution.	Form of Assessment : Participatory Activities	Lectures, discussions and questions and answers 3 X 50		Material: Understanding the history and development of world and Indonesian pencak silat Reader: Harsono. 2003. <i>History of the Formation of Historical Universities, Compiled and Presented at the Historical Universities Workshop, Presented at the 2003 IPSI National Conference.</i>	4%

3	Understand the history and development of world and Indonesian pencak silat	a. Explains the origins of the Indonesian Pencak Silat sport. b. Outlining the history of pencak silat from the colonial era, the era of independence and the development of pencak silat sports. c. Explains the growth of various schools and schools in Pencak Silat in accordance with the principles of Pancasila and the 1945 Constitution.	Form of Assessment : Participatory Activities	Lectures, discussions and questions and answers 3 X 50		Material: Understanding the history and development of world and Indonesian pencak silat Reader: <i>Harsono. 2003. History of the Formation of Historical Universities, Compiled and Presented at the Historical Universities Workshop, Presented at the 2003 IPSI National Conference.</i>	4%
4	Understand and master basic techniques	Explains several basic techniques	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: Basic techniques of Pencak Silat Library: <i>Wahyudi, Achmad Rizanul. Fajar, Muhammad Kharis. 2019. Basic Pencak Silat Skills. Sidoarjo: Zifatama Champion.</i>	5%
5	Understand and master basic techniques	Explains several basic techniques	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: Basic techniques of Pencak Silat Library: <i>Wahyudi, Achmad Rizanul. Fajar, Muhammad Kharis. 2019. Basic Pencak Silat Skills. Sidoarjo: Zifatama Champion.</i>	5%

6	Ability to understand the rules of pencak silat competitions in the sparring category	Explain the rules of the pencak silat competition in the sparring category	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: Ability to understand the rules of pencak silat competitions in the sparring category. Reference: <i>PB. IPSI. 2013. Pencak Silat Competition Rules. Jakarta: PB. IPSI</i> <hr/> Material: Ability to identify performance assessments of fighting techniques. Reference: <i>Nugroho, Agung. 1995. Identification of Technical Achievement Assessments and Technical Neatness in Pencak Silat Competitions. Yogyakarta: Lemlit IKIP Yogyakarta</i>	5%
7	Ability to understand the rules of pencak silat competitions in the sparring category	Explain the rules of the pencak silat competition in the sparring category	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: Ability to understand the rules of pencak silat competitions in the sparring category. Reference: <i>PB. IPSI. 2013. Pencak Silat Competition Rules. Jakarta: PB. IPSI</i> <hr/> Material: Ability to identify performance assessments of fighting techniques. Reference: <i>Nugroho, Agung. 1995. Identification of Technical Achievement Assessments and Technical Neatness in Pencak Silat Competitions. Yogyakarta: Lemlit IKIP Yogyakarta</i>	5%
8	Practicing the program to train basic pencak silat techniques and basic sparring techniques in pencak silat sports	Explains the basic techniques of pencak silat and the basic techniques of fighting in the sport of pencak silat	Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50			15%

9	Understand and master the IPSI single stance technique	Explaining the IPSI single move	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: Single stance movement technique Reference: <i>Lubis, Johansyah. Wardoyo, Hendro. 2014. Pencak Silat (second edition). Jakarta: Rajagravindo Persada.</i>	7%
10	Understand and master the IPSI single stance technique	Explaining the IPSI single move	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: Single stance movement technique Reference: <i>Lubis, Johansyah. Wardoyo, Hendro. 2014. Pencak Silat (second edition). Jakarta: Rajagravindo Persada.</i>	7%
11	Understand and master the IPSI squad technique	Explaining the moves of the IPSI team	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: IPSI team movement techniques. Reference: <i>Lubis, Johansyah. Wardoyo, Hendro. 2014. Pencak Silat (second edition). Jakarta: Rajagravindo Persada.</i>	7%
12	Understand and master the IPSI squad technique	Explaining the moves of the IPSI team	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice and discussion 3 X 50		Material: IPSI team movement techniques. Reference: <i>Lubis, Johansyah. Wardoyo, Hendro. 2014. Pencak Silat (second edition). Jakarta: Rajagravindo Persada.</i>	7%
13	Understand and master practical martial arts techniques in pencak silat sports	Able to understand and master practical martial arts techniques in pencak silat sports	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice, and searching on the internet 3 X 50		Material: Practical self-defense techniques Reference: <i>Nugroho, Agung. 1995. Identification of Technical Achievement Assessments and Technical Neatness in Pencak Silat Competitions. Yogyakarta: Lemlit IKIP Yogyakarta</i>	7%

14	Understand and master practical martial arts techniques in pencak silat sports	Able to understand and master practical martial arts techniques in pencak silat sports	Criteria: Test and Practice Forms of Assessment : Participatory Activities, Practice/Performance, Tests	Listening, Practice, and searching on the internet 3 X 50		Material: Practical self-defense techniques Reference: <i>Nugroho, Agung. 1995. Identification of Technical Achievement Assessments and Technical Neatness in Pencak Silat Competitions. Yogyakarta: Lemlit IKIP Yogyakarta</i>	7%
15	Create a pencak silat training program	Able to create a pencak silat training program		Listening, Practice and discussion 3 X 50			0%
16	UAS			3 X 50			0%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	37.66%
2.	Practice / Performance	25.66%
3.	Test	25.66%
		88.98%

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.**