



**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>
WUSHU SPORTS BRANCH TRAINING PROGRAM PLANNING	8520204587		T=1	P=1	ECTS=3.18	5	July 17, 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>	Project Based Learning						
<b>Program Learning Outcomes (PLO)</b>	PLO study program which is charged to the course						
	Program Objectives (PO)						
	PLO-PO Matrix						
		P.O					
<b>Short Course Description</b>	This course discusses technical, tactical, strategic, training methods in the sport of Wushu consisting of abilities in the Sansho and Taulo categories.						
	References						
<b>References</b>	<b>Main :</b>						
	1. 1						
	<b>Supporters:</b>						
<b>Supporting lecturer</b>	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	Understand the basic concepts of planning Wushu branch training programs	1.Able to understand the definition of periodization 2.Able to understand the periodization of Wushu biomotor specifications	<b>Criteria:</b> Full credit for doing all the questions correctly	Lectures, Discussions 4 X 50			0%
2	Understand the basic concepts of planning Wushu branch training programs	1.Able to understand the definition of periodization 2.Able to understand the periodization of Wushu biomotor specifications	<b>Criteria:</b> Full credit for doing all the questions correctly	Lectures, Discussions 4 X 50			0%
3	Understand the planning of annual training programs in the Wushu branch	1.Able to understand the definition of annual coaching planning in the Wushu sport 2.Able to understand the phases of annual coaching planning in the Wushu sport	<b>Criteria:</b> Full credit for doing all the questions correctly	Lectures, Discussions 4 X 50			0%
4	Understand the planning of annual training programs in the Wushu branch	1.Able to understand the definition of annual coaching planning in the Wushu sport 2.Able to understand the phases of annual coaching planning in the Wushu sport	<b>Criteria:</b> Full credit for doing all the questions correctly	Lectures, Discussions 4 X 50			0%
5	Understand peak planning in the sport of Wushu	1.Able to understand the definition of peaking in the Wushu sport 2.Able to understand the definition of taper in the Wushu sport	<b>Criteria:</b> Full credit for doing all the questions correctly	Lectures, Discussions 2 X 50			0%

<b>6</b>	Understand the planning of daily training programs in the Pencak Silat sport	1.Able to understand the planning of training sessions in the Pencak Silat sport 2.Able to understand training session planning modeling in the Pencak Silat sport		Lectures, Discussions 4 X 50			0%
<b>7</b>	Understand the planning of daily training programs in the Pencak Silat sport	1.Able to understand the planning of training sessions in the Pencak Silat sport 2.Able to understand training session planning modeling in the Pencak Silat sport		Lectures, Discussions 4 X 50			0%
<b>8</b>	Understand macro training program planning in the Pencak Silat sport	Able to understand the macro training cycle in the Pencak Silat sport		Lectures, Discussions 4 X 50			0%
<b>9</b>	Understand macro training program planning in the Pencak Silat sport	Able to understand the macro training cycle in the Pencak Silat sport		Lectures, Discussions 4 X 50			0%
<b>10</b>	UTS			2 X 50			0%
<b>11</b>	Understand the planning of meso and micro training programs in the Pencak Silat sport	1.Able to understand the meso training cycle in the sport of Pencak Silat 2.Able to understand the micro training cycle in the Pencak Silat sport		Lectures, Discussions 2 X 50			0%

12	Understand the planning of physical training programs in the Pencak Silat sport	<ol style="list-style-type: none"> <li>1. Able to understand endurance training planning in Pencak Silat</li> <li>2. Able to understand speed training planning in Pencak Silat</li> <li>3. Able to understand specific physical training planning in Pencak Silat</li> <li>4. Able to understand strength training planning in Pencak Silat</li> </ol>		Lectures, Discussions 4 X 50			0%
13	Understand the planning of physical training programs in the Pencak Silat sport	<ol style="list-style-type: none"> <li>1. Able to understand endurance training planning in Pencak Silat</li> <li>2. Able to understand speed training planning in Pencak Silat</li> <li>3. Able to understand specific physical training planning in Pencak Silat</li> <li>4. Able to understand strength training planning in Pencak Silat</li> </ol>		Lectures, Discussions 4 X 50			0%
14	Understand the technical and tactical training program in the Pencak Silat sport	<ol style="list-style-type: none"> <li>1. Able to understand defense planning in Pencak Silat</li> <li>2. Able to understand offense planning in Pencak Silat</li> <li>3. Able to understand transition training planning in Pencak Silat</li> </ol>		Lectures and discussions 4 X 50			0%

15	Understand the technical and tactical training program in the Pencak Silat sport	1. Able to understand defense planning in Pencak Silat 2. Able to understand offense planning in Pencak Silat 3. Able to understand transition training planning in Pencak Silat		Lectures and discussions 4 X 50			0%
16	UAS			2 X 50			0%

**Evaluation Percentage Recap: Project Based Learning**

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.