



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																																																
PLANNING OF WRESTLING BRANCH TRAINING PROGRAM	8520204561		T=1	P=3	ECTS=6.36	5	July 17, 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																																																						
		<table border="1" style="margin: auto;"> <tr><td style="width: 30px;">P.O</td></tr> </table>						P.O																																															
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	<table border="1" style="margin: auto;"> <tr><td colspan="16" style="text-align: center;">PO Matrix at the end of each learning stage (Sub-PO)</td></tr> <tr> <td rowspan="2" style="width: 30px;">P.O</td> <td colspan="15" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>							PO Matrix at the end of each learning stage (Sub-PO)																P.O	Week															1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Short Course Description	This course introduces and understands sports training program planning. Wrestling as an achievement sport to defend oneself, improve fitness, personality development, discipline and achievement.																																																						
References	Main :																																																						
	<ol style="list-style-type: none"> 1. International Wrestling Rules Greco-Roman Federal International des Lutles Association. 2. http://www.fila.wrestling.com//index.php?option=com_content&task=view&id=18&Itemid=36 3. International Wrestling Rules FreeStyle. Federal International des Lutlesb Association. 4. http://www.fila.wrestling.com//index.php?option=com_content&task=view&id=33&Itemid=75 5. Sunaryadi, Yadi, Drs.,M.Pd. Wrestling (Gulat) Biomekanika Dasar Untuk Pelatih Gulat. 6. http://www.google.com/search?q=TEKNIK GULAT&hl=en&ei=9CikTMHqDsWzrAeZxaHZDQ&start=10&sa=N 7. Panduan Teknis Cabor Gulat PON XVII Kaltim. www.tandingpon.com 8. 5. PB. PON. 2016 Technical Handbook Cabang Olahraga Gulat. PB PON. Bandung 																																																						
	Supporters:																																																						
Supporting lecturer	Muhammad Kharis Fajar, 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	Students are able to identify and interpret basic wrestling techniques, playing positions, basic foot techniques	· Wrestling playing positions · Basic foot techniques	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: fallout	lecture practice discussion 4 X 50			0%
10	Students are able to identify and interpret basic falling techniques	· Drop technique	Criteria: fallout	lecture practice discussion 4 X 50			0%
11	Students are able to identify and interpret basic scroll techniques	Basic techniques of Rolls	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: 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	Criteria: Roll ResultsReel Types	lecture practice discussion 4 X 50			0%

16							0%
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Evaluation Percentage Recap: Project Based Learning

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.