



**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																																		
Wrestling Sports Regulations and Referees	8520204459		T=1 P=0 ECTS=1.59	6	July 18, 2024																																		
AUTHORIZATION	SP Developer		Course Cluster Coordinator		Study Program Coordinator																																		
		Dr. Or. Muhammad, S.Pd., M.Pd.																																		
Learning model	Case Studies																																						
Program Learning Outcomes and Referees (PLO)	PLO study program that is charged to the course																																						
	Program Objectives (PO)																																						
	PLO-PO Matrix																																						
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="width: 50px; height: 20px;">P.O</td></tr> </table>					P.O																																
P.O																																							
	PO Matrix at the end of each learning stage (Sub-PO)																																						
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 30px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <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>					P.O	Week																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P.O	Week																																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																							
Short Course Description	Understanding of the basics of wrestling judging and refereeing in general and specifically and applying basic wrestling judging/refereeing skills in accordance with international regulations																																						
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=3 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 DASAR GULAT&hl=en&ei=9CikTMHqDsWzrAeZxaHZDQ&start=10&sa=N 7. Panduan Teknis Cabor Gulat PON XVII Kaltim. www.tandingpon.com 8. PB. PON. 2016 Technical Handbook Cabang Olahraga Gulat. PB PON. Bandung 																																						
	Supporters:																																						
Supporting lecturer	Tutur 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	1. Freestyle Class Category2. Grego Style Class Categories	1.Understand the weight classes that are competed in for men and women, Grego style and free style 2.Know the Mechanism of Checking and Weighing in Wrestling	Criteria: Class category for carrying out health checks and carrying out weighing	Theory and Practical 4 X 50			0%
2	1. Freestyle Class Category2. Grego Style Class Categories	1.Understand the weight classes that are competed in for men and women, Grego style and free style 2.Know the Mechanism of Checking and Weighing in Wrestling	Criteria: Class category for carrying out health checks and carrying out weighing	Theory and Practical 4 X 50			0%
3	1. Master the rules of Freestyle refereeing	1. Master the Grego style assessment system2. master the rules of the game 3. master the equipment requirements of the competition	Criteria: 1. 0-100 scoring	1. theory2. practice 4 X 50			0%
4	1. Master the rules of Freestyle refereeing	1. Master the Grego style assessment system2. master the rules of the game 3. master the equipment requirements of the competition	Criteria: 1. 0-100 scoring	1. theory2. practice 4 X 50			0%
5	1. Master the rules of Freestyle refereeing	1. Master the Grego style assessment system2. master the rules of the game 3. master the equipment requirements of the competition	Criteria: 1. 0-100 scoring	1. theory2. practice 4 X 50			0%
6	1. Master the rules of Freestyle refereeing	1. Master the Grego style assessment system2. master the rules of the game 3. master the equipment requirements of the competition	Criteria: 1. 0-100 scoring	1. theory2. practice 4 X 50			0%
7	1. Master the rules of Freestyle refereeing	1. Master the Grego style assessment system2. master the rules of the game 3. master the equipment requirements of the competition	Criteria: 1. 0-100 scoring	1. theory2. practice 4 X 50			0%

8	Mastery of Health Examination and Body Weighing, mastery of match rules, judging and refereeing in the Grego Roman style	1. Mastery of Health Examination and Body Weighing 2. mastery of the rules of the match 3. Grego Roman style scoring and refereeing	Criteria: 1.1. Pass 2.2. Repeat 3.3. Failed	Write a 4 X 50 practical			0%
9	1. Freestyle competition rules 2. Freestyle competition scoring	1. Mastery of match rules 2. implementation of freestyle refereeing	Criteria: Pass Repeat Not Pass	Theory Practice 4 X 50			0%
10	1. Freestyle competition rules 2. Freestyle competition scoring	1. Mastery of match rules 2. implementation of freestyle refereeing	Criteria: Pass Repeat Not Pass	Theory Practice 4 X 50			0%
11	1. Freestyle competition rules 2. Freestyle competition scoring	1. Mastery of match rules 2. implementation of freestyle refereeing	Criteria: Pass Repeat Not Pass	Theory Practice 4 X 50			0%
12	1. Freestyle competition rules 2. Freestyle competition scoring	1. Mastery of match rules 2. implementation of freestyle refereeing	Criteria: Pass Repeat Not Pass	Theory Practice 4 X 50			0%
13	1. Freestyle competition rules 2. Freestyle competition scoring	1. Mastery of match rules 2. implementation of freestyle refereeing	Criteria: Pass Repeat Not Pass	Theory Practice 4 X 50			0%
14	1. Organizing Wrestling Matches	1. Wrestling referee	Criteria: 1.1. Pass 2.2. repeat 3.3. Did not pass	1. Practice 4 X 50			0%
15	1. Organizing Wrestling Matches	1. Wrestling referee	Criteria: 1.1. Pass 2.2. repeat 3.3. Did not pass	1. Practice 4 X 50			0%
16							0%

Evaluation Percentage Recap: Case Study

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.

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.