



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
MUAY THAI SPORT TRAINING	8520204564	Compulsory Study Program Subjects	T=1	P=3	ECTS=6.36	3	January 1, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Dr. Wijono, M.Pd.		Dr. Wijono, M.Pd.			Dr. Or. Muhammad, S.Pd., M.Pd.	

Learning model	Case Studies																																																		
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																		
	Program Objectives (PO)																																																		
	PO - 1 able to master the concepts and theories of Muay Thai training and competitions in the world of sports coaching																																																		
	PLO-PO Matrix																																																		
	<table border="1" style="margin-left: 40px;"> <tr><td style="width: 100px; height: 20px;">P.O</td></tr> <tr><td style="width: 100px; height: 20px;">PO-1</td></tr> </table>	P.O	PO-1																																																
P.O																																																			
PO-1																																																			
PO Matrix at the end of each learning stage (Sub-PO)	<table border="1" style="margin-left: 40px;"> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> <tr> <td>PO-1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																
P.O	Week																																																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																			
PO-1																																																			

Short Course Description Theoretical study and practical application of the history of Muay Thai, game rules and boxing fundamentals include the concept of basic punching techniques and stances, including body position, body movement using back and forth, left and right and turning, body coordination, and concentration. learning is carried out using a collaborative strategy with cooperative activities, coordination activities and organization of learning experiences. The lecture activities ended with training in practicing basic Muay Thai techniques and evaluating boxing skills.

References

Main :

1. Saleh Basarah. 1989. Olahraga Tinju di Indonesia Peranan, Tenik, Sejarah dan Perkembangannya
2. Jan Oudshorn. 1988. Tinju Latihan-Teknik-Taktik. PT. Rosda Jayaputra Offset. Jakarta
3. Drs. Mayun Narendra, IGAR. 2000. Seni Olahraga Tinju. Jakarta
4. Rashid. 2002. Buku Panduan untuk Olahraga Tinju dengan Metode Ilmiah. Jakarta

Supporters:

Supporting lecturer Dr. Wijono, M.Pd.
 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	Understand the history of boxing and understand the rules of the Muay Thai sport	1. Explain the history of world Muay Thai. 2. Explain the history of Indonesian Muay Thai. 3. Explain the meaning of Muay Thai sport	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: history of Muay Thai Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
2	Understand the history of boxing and understand the rules of the Muay Thai sport	1. Explain the history of world Muay Thai. 2. Explain the history of Indonesian Muay Thai. 3. Explain the meaning of Muay Thai sport	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: history of Muay Thai Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
3	Understand the history of boxing and understand the rules of the Muay Thai sport	1. Explain the history of world Muay Thai. 2. Explain the history of Indonesian Muay Thai. 3. Explain the meaning of Muay Thai sport	Criteria: Full marks are obtained if you do all the questions correctly Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: history of Muay Thai Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
4	Able to perform basic punching techniques	1. Skilled in basic jab techniques 2. Skilled in basic straight techniques 3. Skilled in basic hook techniques 4. Skilled in basic uppercut techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic punching techniques Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
5	Able to perform basic punching techniques	1. Skilled in basic jab techniques 2. Skilled in basic straight techniques 3. Skilled in basic hook techniques 4. Skilled in basic uppercut techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic punching techniques Reader: Jan Oudshorn. 1988. <i>Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
6	Able to perform basic parrying techniques	1. Skilled in performing basic outside parry techniques 2. Skilled in performing basic inside parry techniques 3. Skilled in performing basic cross parry techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic parrying techniques Reference: Drs. Mayun Narendra, IGAR. 2000. <i>The Art of Boxing. Jakarta</i>	5%

7	Able to perform basic parrying techniques	1. Skilled in performing basic outside parry techniques 2. Skilled in performing basic inside parry techniques 3. Skilled in performing basic cross parry techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic parrying techniques Reference: <i>Drs. Mayun Narendra, IGAR. 2000. The Art of Boxing. Jakarta</i>	5%
8	UTS	UTS	Criteria: UTS Form of Assessment : Participatory Activities	UTS 3 X 50		Material: UTS Reader: <i>Saleh Basarah. 1989. The Role, Tennis, History and Development of Boxing in Indonesia</i>	10%
9	Able to perform basic parrying techniques	1. Skilled in performing basic Elbow block techniques 2. Skilled in performing basic brush away techniques 3. Skilled in performing basic forearm block techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative cognitive, scientific associative and humanistic automatic 3 X 50		Material: basic parrying techniques Reader: <i>Jan Oudshorn. 1988. Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
10	Able to perform basic parrying techniques	1. Skilled in performing basic Elbow block techniques 2. Skilled in performing basic brush away techniques 3. Skilled in performing basic forearm block techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative cognitive, scientific associative and humanistic automatic 3 X 50		Material: basic parrying techniques Reader: <i>Jan Oudshorn. 1988. Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
11	Able to perform basic dodging techniques	1. Skilled in performing basic inside slip techniques 2. Skilled in performing basic outside slip techniques 3. Skilled in performing basic ducking techniques 4. Skilled in basic weaving techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic avoidance techniques Reader: <i>Rashid. 2002. Guidebook for Boxing with Scientific Methods. Jakarta</i>	5%

12	Able to perform basic dodging techniques	1. Skilled in performing basic inside slip techniques 2. Skilled in performing basic outside slip techniques 3. Skilled in performing basic ducking techniques 4. Skilled in basic weaving techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: basic avoidance techniques Reader: <i>Rashid. 2002. Guidebook for Boxing with Scientific Methods. Jakarta</i>	5%
13	Able to carry out counter attack techniques	1. Skilled in performing basic inside parry and left jab techniques 2. Skilled in performing basic outside parry and left jab techniques 3. Skilled in performing basic inside forearm and right hook techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: counter attack techniques Reader: <i>Jan Oudshorn. 1988. Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
14	Able to carry out counter attack techniques	1. Skilled in performing basic inside parry and left jab techniques 2. Skilled in performing basic outside parry and left jab techniques 3. Skilled in performing basic inside forearm and right hook techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: counter attack techniques Reader: <i>Jan Oudshorn. 1988. Boxing Training-Technique-Tactics. PT. Rosda Jayaputra Offset. Jakarta</i>	5%
15	Able to carry out trapping techniques	1. Skilled in performing basic inside triple techniques 2. Skilled in performing basic outside triple high techniques 3. Skilled in performing basic techniques, low and low cross 4. Skilled in performing basic hight and uppercut techniques	Criteria: Full marks are obtained if you do all the questions correctly and practice Form of Assessment : Participatory Activities	Collaborative motivation and Scientific Comprehension 3 X 50		Material: trapping techniques References: <i>Drs. Mayun Narendra, IGAR. 2000. The Art of Boxing. Jakarta</i>	5%

16	UAS	UAS	Criteria: UAS Form of Assessment : Participatory Activities, Practice/Performance	UAS		Material: UAS Reader: <i>Rashid.</i> <i>2002.</i> <i>Guidebook</i> <i>for Boxing</i> <i>with</i> <i>Scientific</i> <i>Methods.</i> <i>Jakarta</i>	20%
----	-----	-----	---	-----	--	---	-----

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	90%
2.	Practice / Performance	10%
		100%

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.