



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																																											
Tae Kwon Do sports coaching	8520203341		T=2	P=2	ECTS=6.36	3	July 17, 2024																																											
AUTHORIZATION		SP Developer			Course Cluster Coordinator		Study Program Coordinator																																											
			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)																																																	
	PLO-PO Matrix																																																	
		<table border="1" style="margin: auto;"> <tr> <td style="width: 10%;">P.O</td> <td colspan="16"></td> </tr> </table>						P.O																																										
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	PO Matrix at the end of each learning stage (Sub-PO)																																																	
	<table border="1" style="margin: auto;"> <tr> <td style="width: 10%;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td></td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> </table>																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	Developing practical abilities regarding various Taekwondo training methods to improve training skills accompanied by the concept of achievement and self-defense concepts. Lectures are carried out with lectures, practice, project assignments and reflection.																																																	
References	Main :																																																	
	1. buku pedoman Taekwondo 2. competition Rules Book (terbaru)																																																	
	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	Able to know the history of development, ethics and philosophy of Taekwondo	<ol style="list-style-type: none"> 1. Knowing the History of World Taekwondo 2. Knowing the History of Indonesian Taekwondo 3. Implement dress code 4. Implementing Taekwondo inter-calling procedures 5. Applying practice-training ethics at Dojang 		Lectures, discussions, practice and questions and answers 4 X 50			0%
2	Able to understand concepts in basic Taekwondo skills. Able to practice basic Taekwondo movements	<ol style="list-style-type: none"> 1. Understanding stance techniques in taekwondo (Ap Koobi, Ap Seogi, Dwi Koobi) 2. Taekwondo punching techniques (eulgol, montong area yeop jireugi) 3. Kicking techniques in Taekwondo (Ap chagi, Dolyo chagi, Yeop chagi/checking, Deol chagi, Dwi Chagi, Dwi hurigi, Yeop hurigi, dolke chagi, Narae chari, iljeung dolyochagi, Meta chagi, Madbadad chagi, Twiyo dwichagi) 4. Parry techniques in Taekwondo (Ara emaki, mountong maki, Eulgol maki, Bakat palmok chop maki, Dung jumok Ap chigi) 		Lectures, discussions, questions and answers, assignments 4 X 50			0%

3	practicing basic movements in the sport of Taekwondo	<ol style="list-style-type: none"> 1.able to understand and practice: Taekwondo Stances (Ap koobi, Ap seogi, Dwi koobi, Jejeum seogi, Narae seugi) 2.Taekwondo striking techniques (eulgol, montong, area, yeop jireugi) 3.Kicking techniques in Taekwondo (Ap chagi, Dolyo chagi, Yeop chagi/checking, Deol chagi, Dwi Chagi, Dwi hurigi, Yeop hurigi, dolke chagi, Narae chagi, iljeung dolyochagi, Meta chagi, Madbadad chagi, Twiyo dwichagi) 4.Parry techniques in Taekwondo (Ara emaki, mountong maki, Eulgol maki, Bakat palmok chop maki, Dung jumok Ap chigi) 		Practice 4 X 50			0%
4	Able to practice Taekwondo punches. Able to practice parrying and dodging movements	<ol style="list-style-type: none"> 1.Mastering the basic Yeop jireugi technique 2.Eolgol jierogi 3.Arae jierogi 4.Montong jierogi 5.Various parrying techniques 6.Various avoidance techniques 		Practice 4 X 50			0%
5	Able to practice (Basic Movements) Parrying	<ol style="list-style-type: none"> 1.Mastering techniques and various parrying techniques 2.Various avoidance techniques Application of parrying and dodging techniques in Taekwondo attacks 		Practice 4 X 50			0%
6	Able to practice Kihon (Basic Movement) Parrying.	Mastering the basic techniques of kicking techniques in Taekwondo		Practice 4 X 50			0%
7	Able to practice (Basic Movements) Kicks	Mastering the basic techniques of yeop chagi, dolyo chagi, neryo chagi,		Practice 4 X 50			0%

8	Able to practice slashing and stabbing	Mastering the basic techniques of mureup dolyo, Ageum son keut chireugi, Ape son keut chireugi, an son keut chrieugi, gaweson keut chireugi		Practice 4 X 50			0%
9	UTS Able to practice (Basic Movements) Kicks	Mastering the basic kicking techniques Ap chagi, Dolyo chagi, Yeop chagi/checking, Deol chagi, Dwi Chagi, Dwi hurigi, Yeop hurigi, dolke chagi, Narae chari, iljeung dolyochagi, Meta chagi, Madbadad chagi, Twiyo dwichagi		Practice 4 X 50			0%
10	Able to organize and practice a series of attacks	1.Mastering the techniques and circuits in competing 2.Master advanced techniques		practice 4 X 50			0%
11	Able to practice pomsae taegeuk movements 1.2	1.Mastering the pomsae tageuk technique 1,2 2.Master advanced techniques		practice 4 X 50			0%
12	Able to practice pomsae taeguek 2.3	1.Mastering the pomsae taeguek technique 2.3 2.Master advanced techniques		practice 4 X 50			0%
13	Able to practice fighting and application of basic techniques	Mastering basic fighting and application techniques		Practice 4 X 50			0%
14	Able to practice all the basic techniques of punching, parrying and kicking	1.Master the basic techniques of punching, parrying and kicking 2.Mastering pomsae tageuk 1.2		Practice, collection of 4 X 50 assignments			0%
15	Able to understand the rules of taekwondo competitions (WTF)	understand the latest taekwondo competition rules (WTF)		Practice, collection of 4 X 50 assignments			0%
16	Able to practice refereeing in taekwondo matches	practice, refereeing in taekwondo matches		Lecture, question and answer 4 X 50			0%

Evaluation Percentage Recap: Case Study

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.