



**Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
Bachelor of Sports Science Study Program**

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																										
Martial Sports Performance Analysis	8920102260		T=1	P=1	ECTS=3.18	2	July 18, 2024																																										
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																											
			Dr. Heri Wahyudi, S.Or., 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																																																
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	PO Matrix at the end of each learning stage (Sub-PO)																																																
	<table border="1" style="margin: auto;"> <tr> <td rowspan="2" style="width: 10%; text-align: center;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 5%; text-align: center;">1</td> <td style="width: 5%; text-align: center;">2</td> <td style="width: 5%; text-align: center;">3</td> <td style="width: 5%; text-align: center;">4</td> <td style="width: 5%; text-align: center;">5</td> <td style="width: 5%; text-align: center;">6</td> <td style="width: 5%; text-align: center;">7</td> <td style="width: 5%; text-align: center;">8</td> <td style="width: 5%; text-align: center;">9</td> <td style="width: 5%; text-align: center;">10</td> <td style="width: 5%; text-align: center;">11</td> <td style="width: 5%; text-align: center;">12</td> <td style="width: 5%; text-align: center;">13</td> <td style="width: 5%; text-align: center;">14</td> <td style="width: 5%; text-align: center;">15</td> <td style="width: 5%; text-align: center;">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	This course examines the theory and practice of pencak silat including the history of the development of pencak silat, basic techniques for playing pencak silat, its study and application in the professional and industrial world through face-to-face meetings, demonstration discussions and competition and refereeing practices.																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. Ediyono, Suryo, DR;Mhum. 2005. PENCAK SILAT Filosofi & Makna Bagi Budi Pekerti. Cetakan 1, Yogyakarta: Penerbit Lintang Pustaka. 2. Ediyono, Suryo, DR;Mhum. 2008. PENCAK SILAT Dalam Konsep Keselamatan Orang Jawa ; Cetakan 1, Yogyakarta. Penerbit Lintang Pustaka. 3. Maryono, O 19ong. 1998. Pencak Silat Merentang Waktu; Cetakan pertama . Yogyakarta . Pustaka Pelajar. 4. Purbodjati, Fatkurrahman Kafrawi, dan Heri Wahyudi. 2009. Olahraga Pencak Silat Dalam Aspek : Sejarah, Aliran Perguruan, Daya Ledak Dan Gerak , Buku Ajar Program Studi Ilmu Keolahragaan Jurusan Pendidikan Kesehatan Dan Rekreasi Fakultas Ilmu Keolahragaan Universitas Negeri Surabaya. 																																																
	Supporters:																																																
Supporting lecturer	Drs. Fatkur Rohman Kafrawi, M.Pd. Dr. Heri Wahyudi, S.Or., M.Pd. Awang Firmansyah, S.Or., 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. study the general history of pencak silat 2. study the development of pencak silat from the colonial era to the era of independence 3. study the development of IPSI	1. Students are able to explain the history of pencak silat 2. Students are able to explain the historical development of pencak silat 3. Students are able to understand the development of IPSI	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	1. Explanation 2. Questions and answers 3. Discussing the 2 X 50 handbook			0%																																										

2	1. study and explain the meaning of several types of martial arts 2. understand the purpose of pencak silat martial arts to develop moral/spiritual/mental/spiritual aspects 3. understand and be able to explain pencak silat	1. explain the meaning of several types of martial arts 2. understand the purpose of pencak silat martial arts to develop moral/spiritual/mental/spiritual aspects 3. understand and be able to explain pencak silat as an art development	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. Explanation b. Questions and answers 2 X 50			0%
3	Performing various basic pencak silat postures including standing, squatting, sitting and lying down.	a. Perform various basic pencak silat postures which include: standing, squatting, sitting, lying down.	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	explanation Analyzing the correct concept 2 X 50			0%
4	1. demonstrate the technique of open tide and closed posture 2. carry out the technique of tide, starting from posture 1 to posture 12	a. demonstrate the technique of open position and closed position b. Perform the technique of position 1 to position 12	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	A. Explanation Analyzing the differences in attitudes of the 2 X 50 pairs			0%
5	Learn and practice stance movements which include: front stance, back stance, side stance, and middle stance.	learn and practice stance movements which include: front stance, back stance, side stance, and middle stance	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	Explanation Practicing various 2 X 50 horse stances			0%
6	Perform movements with punching techniques which include: front punch, side punch, sangkol punch, and circle punch.	A. make movements with B. punch techniques which include: front punch, side punch, sangkol punch, and circle punch.	Criteria: 1.Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior. 2.Conformity of movements with pencak silat rules, between what is written in the report and what is practiced	Students are able to differentiate the function and purpose of the 2 X 50 punch type			0%
7	Perform movements using parry techniques which include: top inside parry, top outside parry, and bottom inside parry, bottom outside parry	Perform movements using parry techniques which include: top inside parry, top outside parry, and bottom inside parry, bottom outside parry	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. explanation b. practicing various external, internal, upper and lower parries 2 X 50			0%
8		Make a series of 50 pencak silat martial arts attacks	Criteria: The suitability of the movements of pencak silat rules, between what is written in the report and what is written in the report	2 X 50			0%
9	Perform movements using the zikzak step pattern technique, horseshoe (U), triangle, double triangle, quadrilateral, rectangular cut	perform movements using the zikzak step pattern technique, horseshoe (U), triangle, double triangle, quadrilateral, rectangular cut	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. Explanation b. Answer questions c. Practicing 2 X 50			0%
10	Practice and carry out movements of the eight cardinal directions	carry out and practice the movements of the eight cardinal directions	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. Explanation b. Answer questions c. Practicing 2 X 50			0%
11	Perform kicking movements which include: front kick, crescent kick, T kick and back kick	perform kicking movements which include: front kick, crescent kick, T kick and back kick	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. Explanation b. Answer questions c. Practicing 2 X 50			0%

12	Able to perform various side, front, top and bottom elbow attack techniques	perform various side, front, top, bottom elbow attack techniques	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. explanation Questions and answers 2 X 50			0%
13	Able to perform various falling techniques which include:	perform various falling techniques which include: falling	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	a. Explanation b. Answer the question 2 X 50			0%
14	Able to perform various inside catch and outside catch techniques	perform various inside catch and outside catch techniques	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	Practice and assignments 2 X 50			0%
15	able to perform various downward attack techniques with front lying sweeps and back sweeps	A. Perform various lower attacks with front and back sweeps (Circle).	Criteria: Full marks are obtained if you can carry out the basic techniques of defense, attack and changes in attitude and sportsmanlike behavior.	practice and assignments 2 X 50			0%
16	can learn and explain the rules of pencak silat competitions	learn and explain the rules of pencak silat competitions	Criteria: Full marks are obtained if you do all the questions correctly	Discussion, practice and assignment 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** abilities in the process and student learning outcomes are specific and measurable statements that identify the abilities 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.