

|  | <div>Universitas Negeri Surabaya</div> <div>Fakultas Vokasi</div> <div>Program Studi D4 Kepelatihan Olahraga</div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           | Kode Dokumen              |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|-----------|---------------------------|----------------|------|-------|-------|-------|-------|--------|---|--|--|--|--------|--|---|--|--|--------|--|--|--|---|--------|--|---|--|---|--------|---|---|--|--|--------|--|---|--|---|--------|--|--|---|---|--------|--|---|---|--|--------|---|--|--|---|---------|--|---|--|---|
|                                                                                   | <div>RENCANA PEMBELAJARAN SEMESTER</div>                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| MATA KULIAH (MK)                                                                  | KODE                                                                                                               | Rumpun MK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | BOBOT (sks)     |       |           | SEMESTER                  | Tgl Penyusunan |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| Kesehatan, Gaya Hidup, Penyakit dan Pola Latihan                                  | 99998520204031                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | T=2             | P=2   | ECTS=6.36 | 1                         | 1 Agustus 2024 |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| OTORISASI                                                                         | Pengembang RPS                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Koordinator RMK |       |           | Koordinator Program Studi |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | Rizky Muhammad Sidik, S.Pd., M.Ed.                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | .....           |       |           | KUNJUNG ASHADI            |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| Model Pembelajaran                                                                | Project Based Learning                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| Capaian Pembelajaran (CP)                                                         | CPL-PRODI yang dibebankan pada MK                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPL-1                                                                                                              | Mampu menunjukkan nilai-nilai agama, kebangsaan dan budaya nasional, serta etika akademik dalam melaksanakan tugasnya                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPL-3                                                                                                              | Mengembangkan pemikiran logis, kritis, sistematis, dan kreatif dalam melakukan pekerjaan yang spesifik di bidang keahliannya serta sesuai dengan standar kompetensi kerja bidang yang bersangkutan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPL-4                                                                                                              | Mengembangkan diri secara berkelanjutan dan berkolaborasi.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPL-6                                                                                                              | Mampu melakukan kajian ilmiah terhadap permasalahan kepelatihan fisik olahraga secara mendalam berdasar kajian analisis berbasis sains dan teknologi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | Capaian Pembelajaran Mata Kuliah (CPMK)                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 1                                                                                                           | Menerapkan prinsip-prinsip kesehatan dan gaya hidup sehat dalam merancang program latihan untuk atlet (C3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 2                                                                                                           | Menganalisis hubungan antara pola latihan dengan risiko penyakit terkait olahraga (C4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 3                                                                                                           | Mengevaluasi efektivitas program latihan berdasarkan kondisi kesehatan dan gaya hidup atlet (C5)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 4                                                                                                           | Menciptakan modifikasi pola latihan untuk atlet dengan kondisi kesehatan spesifik (C6)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 5                                                                                                           | Menerapkan strategi pencegahan penyakit melalui pendekatan gaya hidup dan pola latihan (C3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 6                                                                                                           | Menganalisis dampak gaya hidup tidak sehat terhadap performa atlet (C4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 7                                                                                                           | Mengevaluasi kebutuhan nutrisi dan istirahat dalam mendukung program latihan (C5)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 8                                                                                                           | Menciptakan program edukasi kesehatan dan gaya hidup untuk atlet (C6)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 9                                                                                                           | Menerapkan metode pemantauan kesehatan dalam pelaksanaan program latihan (C3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK - 10                                                                                                          | Menganalisis faktor risiko penyakit degeneratif pada atlet dan strategi pencegahannya (C4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | Matrik CPL - CPMK                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   |                                                                                                                    | <table border="1"> <thead> <tr> <th>CPMK</th> <th>CPL-1</th> <th>CPL-3</th> <th>CPL-4</th> <th>CPL-6</th> </tr> </thead> <tbody> <tr><td>CPMK-1</td><td>✓</td><td></td><td></td><td></td></tr> <tr><td>CPMK-2</td><td></td><td>✓</td><td></td><td></td></tr> <tr><td>CPMK-3</td><td></td><td></td><td></td><td>✓</td></tr> <tr><td>CPMK-4</td><td></td><td>✓</td><td></td><td>✓</td></tr> <tr><td>CPMK-5</td><td>✓</td><td>✓</td><td></td><td></td></tr> <tr><td>CPMK-6</td><td></td><td>✓</td><td></td><td>✓</td></tr> <tr><td>CPMK-7</td><td></td><td></td><td>✓</td><td>✓</td></tr> <tr><td>CPMK-8</td><td></td><td>✓</td><td>✓</td><td></td></tr> <tr><td>CPMK-9</td><td>✓</td><td></td><td></td><td>✓</td></tr> <tr><td>CPMK-10</td><td></td><td>✓</td><td></td><td>✓</td></tr> </tbody> </table> |                 |       |           |                           |                | CPMK | CPL-1 | CPL-3 | CPL-4 | CPL-6 | CPMK-1 | ✓ |  |  |  | CPMK-2 |  | ✓ |  |  | CPMK-3 |  |  |  | ✓ | CPMK-4 |  | ✓ |  | ✓ | CPMK-5 | ✓ | ✓ |  |  | CPMK-6 |  | ✓ |  | ✓ | CPMK-7 |  |  | ✓ | ✓ | CPMK-8 |  | ✓ | ✓ |  | CPMK-9 | ✓ |  |  | ✓ | CPMK-10 |  | ✓ |  | ✓ |
|                                                                                   | CPMK                                                                                                               | CPL-1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | CPL-3           | CPL-4 | CPL-6     |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
|                                                                                   | CPMK-1                                                                                                             | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-2                                                                            |                                                                                                                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-3                                                                            |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 | ✓     |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-4                                                                            |                                                                                                                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 | ✓     |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-5                                                                            | ✓                                                                                                                  | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-6                                                                            |                                                                                                                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 | ✓     |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-7                                                                            |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ✓               | ✓     |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-8                                                                            |                                                                                                                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ✓               |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-9                                                                            | ✓                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 | ✓     |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| CPMK-10                                                                           |                                                                                                                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 | ✓     |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |
| Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                  |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                |      |       |       |       |       |        |   |  |  |  |        |  |   |  |  |        |  |  |  |   |        |  |   |  |   |        |   |   |  |  |        |  |   |  |   |        |  |  |   |   |        |  |   |   |  |        |   |  |  |   |         |  |   |  |   |

|                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <table><tr><th rowspan="2">CPMK</th><th colspan="16">Minggu Ke</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>CPMK-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><tr><td>CPMK-2</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><tr><td>CPMK-3</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><tr><td>CPMK-4</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><tr><td>CPMK-5</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><tr><td>CPMK-6</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><tr><td>CPMK-7</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><tr><td>CPMK-8</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><tr><td>CPMK-9</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><tr><td>CPMK-10</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> | CPMK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Minggu Ke |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | CPMK-1 | ✓ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---|---|---|---|---|----|----|----|----|----|----|----|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|--------|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| CPMK                 | Minggu Ke                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 4         | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-1               | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-2               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-3               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-4               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-5               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-6               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-7               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-8               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-9               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CPMK-10              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Deskripsi Singkat MK | Mata kuliah ini mengkaji pengetahuan dasar dan pemahaman mengenai cedera olahraga, pencegahan cedera olahraga, klasifikasi cedera olahraga, patofisiologi cedera, cedera menurut organ, cedera karena suhu ekstrim dan perawatan pertama pada cedera olahraga serta pengetahuan dasar mengenai taping-straping. Pengkajian dilakukan dengan strategi kolaboratif dan saintifik. Perkuliahan ini dilaksanakan dengan presentasi dan diskusi, tugas proyek, dan refleksi |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pustaka              | Utama :                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1. Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier<br>2. American's College of Sport Medicine, 2015<br>3. Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan<br>4. Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc.,<br>5. Bundy M, & Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6. |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                      | Pendukung :                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dosen Pengampu       | Dr. Anna Noordia, S.TP., M.Kes.<br>Dr. Kunjung Ashadi, S.Pd., M.Fis., AIFO.<br>Dr. Muhammad Kharis Fajar, S.Pd., M.Pd.<br>Yetty Septiani Mustar, S.KM., M.P.H.<br>Anindya Mar'atus Sholikhah, S.KM., M.Kes.<br>Rizky Muhammad Sidiq, S.Pd., M.Ed.                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

| Mg Ke- | Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                               | Penilaian                                                                                                                                                                                                                    |                                                                                                                                                                         | Bantuk Pembelajaran, Metode Pembelajaran, Penugasan Mahasiswa, [ Estimasi Waktu] |                 | Materi Pembelajaran [ Pustaka ]                                                                                                                                        | Bobot Penilaian (%) |
|--------|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
|        |                                                                               | Indikator                                                                                                                                                                                                                    | Kriteria & Bentuk                                                                                                                                                       | Luring (offline)                                                                 | Daring (online) |                                                                                                                                                                        |                     |
| (1)    | (2)                                                                           | (3)                                                                                                                                                                                                                          | (4)                                                                                                                                                                     | (5)                                                                              | (6)             | (7)                                                                                                                                                                    | (8)                 |
| 1      | Memahami konsep pola hidup sehat<br>Memahami penyebab kesehatan tubuh menurun | Menjelaskan pengertian pola hidup sehat<br>Menyebut klasifikasi pola hidup sehat<br>Menjelaskan penyebab kesehatan tubuh menurun<br>Menyebut contoh contoh penyakit yang terjadi bila kita menerapkan pola hidup tidak sehat | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk, Penilaian Praktikum | Saintifik komprehensi, saintifik rekoleksi dan kolaboratif 2 X 50                |                 | <b>Materi:</b> ...<br><b>Pustaka:</b><br>Frontera et al, (2007).<br>Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier | 6%                  |
| 2      | Memahami konsep pola hidup sehat<br>Memahami penyebab kesehatan tubuh menurun | Menjelaskan pengertian pola hidup sehat<br>Menyebut klasifikasi pola hidup sehat<br>Menjelaskan penyebab kesehatan tubuh menurun<br>Menyebut contoh contoh penyakit yang timbul karena jarang melakukan aktivitas            | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                                          | Saintifik komprehensi, saintifik rekoleksi dan kolaboratif 2 X 50                |                 | <b>Materi:</b> ...<br><b>Pustaka:</b><br>Frontera et al, (2007).<br>Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier | 6%                  |

|   |                                                               |                                                                                                                                                              |                                                                                                                                                     |                                                                   |  |                                                                                                                                                                                                                                                                                                                                                                                                       |     |
|---|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 3 | Memahami dan menguasai konsep pola latihan                    | Menjelaskan konsep pola latihan<br>Menjelaskan cara pola latihan yang benar<br>Mengidentifikasi pola latihan                                                 | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                      | Kolaboratif,<br>Saintifik<br>Komprehensi<br>2 X 50                |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>American's College of Sport Medicine, 2015</i>                                                                                                                                                                                                                                                                                                            | 6%  |
| 4 | Mampu menguasai konsep latihan fisik dalam pola latihan       | Menjelaskan prinsip latihan fisik dalam pola latihan<br>Menjelaskan peran latihan fisik dalam pola latihan yang benar                                        | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                      | Saintifik<br>Komprehensi,<br>Humanistik<br>Generalisasi<br>2 X 50 |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i>                                                                                                                                                                                                                                                                                     | 7%  |
| 5 | Mampu memahami dan menjelaskan konsep gaya hidup              | mendefinisikan proses perubahan gaya hidup                                                                                                                   | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                      | Kolaboratif<br>kognitif,<br>saintifik<br>asosiatif<br>2 X 50      |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier</i>                                                                                                                                                                                                                            | 0%  |
| 6 | Mampu menguasai dan melaksanakan penatalaksanaan pola latihan | Menjelaskan tatacara penatalaksanaan pola latihan<br>Memahami langkah penatalaksanaan pola latihan<br>Memahami resiko kesalahan penatalaksanaan pola latihan | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Praktikum | Kolaboratif,<br>saintifik<br>komperehens<br>2 X 50                |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>American's College of Sport Medicine, 2015</i>                                                                                                                                                                                                                                                                                                            | 6%  |
| 7 | Mampu menguasai dan melaksanakan penatalaksanaan pola latihan | Menjelaskan tatacara penatalaksanaan pola latihan<br>Memahami langkah penatalaksanaan pola latihan<br>Memahami resiko kesalahan penatalaksanaan pola latihan | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                      | Kolaboratif,<br>saintifik<br>komperehens<br>2 X 50                |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i>                                                                                                                                                                                                                                                                                     | 6%  |
| 8 | Sub Sumatif (ujian Tengah Semester)                           |                                                                                                                                                              | <b>Bentuk Penilaian :</b><br>Tes                                                                                                                    | 2 X 50                                                            |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier</i><br><br><b>Materi: ...</b><br><b>Pustaka:</b><br><i>American's College of Sport Medicine, 2015</i><br><br><b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i> | 12% |

|    |                                                                   |                                                                                                                                |                                                                                                                                                       |                                                                          |  |                                                                                                                                                                                     |    |
|----|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| 9  | Mampu menguasai konsep menjaga kesehatan                          | Menjelaskan konsep menjaga kesehatan Melakukan analisa tentang menjaga kesehatan Memahami tatalaksana menjaga kesehatan        | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Praktik / Unjuk Kerja | Kolaboratif, Saintifik Komprehensi, Humanistik Generalisasi 2 X 50       |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i>                                                                   | 6% |
| 10 | Mampu memahami dan mampu menganalisa kesehatan                    | Menjelaskan macam pola hidup sehat Memahami tatalaksana pola hidup sehat                                                       | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                        | Kolaboratif, Saintifik Komprehensi, Humanistik Generalisasi 2 X 50       |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i>                                                                   | 6% |
| 11 | Mampu memahami macam pola latihan                                 | Menjelaskan macam pola latihan Memahami tatalaksana pola latihan                                                               | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                        | Kolaboratif, Saintifik Komprehensi, Humanistik Generalisasi 2 X 50       |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i>                                                                   | 6% |
| 12 | Mampu memahami macam pola latihan                                 | Menjelaskan macam pola latihan Memahami tatalaksana pola latihan                                                               | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                        | Kolaboratif kognitif, saintifik asosiatif dan humanistik otomatis 2 X 50 |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc.,</i> | 6% |
| 13 | Mampu memahami dan menganalisa gaya hidup                         | Menjelaskan proses gaya hidup sehat Menganalisa penyebab dan pencegahan yang bisa dilakukan pada gaya hidup sehat              | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Praktik / Unjuk Kerja | Kolaboratif Motivasi dan Saintifik Komprehensi, 2 X 50                   |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i>                                                                   | 5% |
| 14 | Mampu memahami dan menganalisa pola latihan                       | Menjelaskan proses pola latihan Menganalisa penyebab dan pencegahan yang bisa dilakukan pada pola latihan                      | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                        | Kolaboratif Motivasi dan Saintifik Komprehensi, 2 X 50                   |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc.,</i> | 5% |
| 15 | Mampu memahami dan melaksanakan tatalaksana awal gaya hidup sehat | Menjelaskan konsep tatalaksana awal gaya hidup sehat Menjelaskan dan memahami cara gaya hidup sehat Melakukan gaya hidup sehat | <b>Kriteria:</b><br>Dianggap benar bila dapat menjelaskan 80% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif                        | Kolaboratif Motivasi dan Saintifik Komprehensi, 2 X 50                   |  | <b>Materi: ...</b><br><b>Pustaka:</b><br><i>Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc.,</i> | 5% |

|    |  |  |  |             |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |
|----|--|--|--|-------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| 16 |  |  |  | UAS<br>2x50 |  | <p><b>Materi: ...</b><br/> <b>Pustaka:</b><br/> <i>Frontera et al, (2007). Clinical Sports Medicine ; Medical Management and Rehabilitation , Philadelphia, Saunders Elsevier</i></p> <p><b>Materi: ...</b><br/> <b>Pustaka:</b><br/> <i>American's College of Sport Medicine, 2015</i></p> <p><b>Materi: ...</b><br/> <b>Pustaka:</b><br/> <i>Youngson R. M. 1996, Buku Saku P3K, Diagram group, Jakarta, Arcan</i></p> <p><b>Materi: ...</b><br/> <b>Pustaka:</b><br/> <i>Bytowski JR., Moorman CT., MacAuley D, (2010). Oxford American Handbook of Sport Medicine, New York, Oxford University Press, Inc.,</i></p> <p><b>Materi: ...</b><br/> <b>Pustaka:</b><br/> <i>Bundy M, &amp; Leaver A (2010). A Guide to Sports and Injury Management; Churchill Livingstone Elsevier 6.</i></p> | 5% |
|----|--|--|--|-------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|

**Rekap Persentase Evaluasi : Project Based Learning**

| No | Evaluasi                                   | Persentase |
|----|--------------------------------------------|------------|
| 1. | Aktifitas Partisipatif                     | 61.5%      |
| 2. | Penilaian Hasil Project / Penilaian Produk | 3%         |
| 3. | Penilaian Praktikum                        | 6%         |
| 4. | Praktik / Unjuk Kerja                      | 5.5%       |
| 5. | Tes                                        | 12%        |
|    |                                            | 88%        |

**Catatan**

1. **Capaian Pembelajaran Lulusan Prodi (CPL - Prodi)** adalah kemampuan yang dimiliki oleh setiap lulusan prodi yang merupakan internalisasi dari sikap, penguasaan pengetahuan dan ketrampilan sesuai dengan jenjang prodinya yang diperoleh melalui proses pembelajaran.
2. **CPL yang dibebankan pada mata kuliah** adalah beberapa capaian pembelajaran lulusan program studi (CPL-Prodi) yang digunakan untuk pembentukan/pengembangan sebuah mata kuliah yang terdiri dari aspek sikap, ketrampilan umum, ketrampilan khusus dan pengetahuan.

3. **CP Mata kuliah (CPMK)** adalah kemampuan yang dijabarkan secara spesifik dari CPL yang dibebankan pada mata kuliah, dan bersifat spesifik terhadap bahan kajian atau materi pembelajaran mata kuliah tersebut.
4. **Sub-CPMK Mata kuliah (Sub-CPMK)** adalah kemampuan yang dijabarkan secara spesifik dari CPMK yang dapat diukur atau diamati dan merupakan kemampuan akhir yang direncanakan pada tiap tahap pembelajaran, dan bersifat spesifik terhadap materi pembelajaran mata kuliah tersebut.
5. **Indikator penilaian** kemampuan dalam proses maupun hasil belajar mahasiswa adalah pernyataan spesifik dan terukur yang mengidentifikasi kemampuan atau kinerja hasil belajar mahasiswa yang disertai bukti-bukti.
6. **Kriteria Penilaian** adalah patokan yang digunakan sebagai ukuran atau tolok ukur ketercapaian pembelajaran dalam penilaian berdasarkan indikator-indikator yang telah ditetapkan. Kriteria penilaian merupakan pedoman bagi penilai agar penilaian konsisten dan tidak bias. Kriteria dapat berupa kuantitatif ataupun kualitatif.
7. **Bentuk penilaian:** tes dan non-tes.
8. **Bentuk pembelajaran:** Kuliah, Responsi, Tutorial, Seminar atau yang setara, Praktikum, Praktik Studio, Praktik Bengkel, Praktik Lapangan, Penelitian, Pengabdian Kepada Masyarakat dan/atau bentuk pembelajaran lain yang setara.
9. **Metode Pembelajaran:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, dan metode lainnya yg setara.
10. **Materi Pembelajaran** adalah rincian atau uraian dari bahan kajian yg dapat disajikan dalam bentuk beberapa pokok dan sub-pokok bahasan.
11. **Bobot penilaian** adalah prosentasi penilaian terhadap setiap pencapaian sub-CPMK yang besarnya proposional dengan tingkat kesulitan pencapaian sub-CPMK tsb., dan totalnya 100%.
12. TM=Tatap Muka, PT=Penugasan terstruktur, BM=Belajar mandiri.

RPS ini telah divalidasi pada tanggal 23 November 2024

Koordinator Program Studi D4  
Kepelatihan Olahraga

UPM Program Studi D4  
Kepelatihan Olahraga



KUNJUNG ASHADI  
NIDN 0008098104



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