

|  |                                                                                                              | <b>Universitas Negeri Surabaya</b><br><b>Fakultas Ilmu Keolahragaan Dan Kesehatan</b><br><b>Program Studi S1 Ilmu Keolahragaan</b>                                                                                                                                                                                                                                                                                                                                                                                         |                              |                                                                                        |                        |                                      |                                  | <b>Kode Dokumen</b>   |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------------------------------------------------------------------|------------------------|--------------------------------------|----------------------------------|-----------------------|---|----|----|----|----|----|----|----|--|------|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>RENCANA PEMBELAJARAN SEMESTER</b>                                              |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>MATA KULIAH (MK)</b>                                                           |                                                                                                              | <b>KODE</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Rumpun MK</b>             | <b>BOBOT (sks)</b>                                                                     |                        |                                      | <b>SEMESTER</b>                  | <b>Tgl Penyusunan</b> |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gizi dan Gangguan Kesehatan                                                       |                                                                                                              | 8920102270                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              | T=2                                                                                    | P=0                    | ECTS=3.18                            | 7                                | 5 Desember 2025       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>OTORISASI</b>                                                                  |                                                                                                              | <b>Pengembang RPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                              | <b>Koordinator RMK</b>                                                                 |                        |                                      | <b>Koordinator Program Studi</b> |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      | HERI WAHYUDI                     |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Model Pembelajaran</b>                                                         | Case Study                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Capaian Pembelajaran (CP)</b>                                                  | CPL-PRODI yang dibebankan pada MK                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   | Capaian Pembelajaran Mata Kuliah (CPMK)                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   | Matrik CPL - CPMK                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              | <div style="border: 1px solid black; padding: 5px; display: inline-block;">CPMK</div>                                                                                                                                                                                                                                                                                                                                                                                                                                      |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   | Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              | <table border="1" style="width: 100%; border-collapse: collapse;"> <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> </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                                                                              | Minggu Ke                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   | 1                                                                                                            | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 3                            | 4                                                                                      | 5                      | 6                                    | 7                                | 8                     | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Deskripsi Singkat MK</b>                                                       |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Pustaka</b>                                                                    | <b>Utama :</b>                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   | <b>Pendukung :</b>                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Dosen Pengampu</b>                                                             | Dr. Dita Yuliasrid, S.Si., M.Kes.<br>Dr. Anna Noordia, S.TP., M.Kes.<br>Dr. Ratna Candra Dewi, S.KM., M.Kes. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Mg Ke-</b>                                                                     | <b>Kemampuan akhir tiap tahapan belajar (Sub-CPMK)</b>                                                       | <b>Penilaian</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                              | <b>Bantuk Pembelajaran, Metode Pembelajaran, Penugasan Mahasiswa, [Estimasi Waktu]</b> |                        | <b>Materi Pembelajaran [Pustaka]</b> | <b>Bobot Penilaian (%)</b>       |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                   |                                                                                                              | <b>Indikator</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Kriteria &amp; Bentuk</b> | <b>Luring (offline)</b>                                                                | <b>Daring (online)</b> |                                      |                                  |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (1)                                                                               | (2)                                                                                                          | (3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | (4)                          | (5)                                                                                    | (6)                    | (7)                                  | (8)                              |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1                                                                                 |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      | 0%                               |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2                                                                                 |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      | 0%                               |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3                                                                                 |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |                                                                                        |                        |                                      | 0%                               |                       |   |    |    |    |    |    |    |    |  |      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| 4  |  |  |  |  |  |  | 0% |
| 5  |  |  |  |  |  |  | 0% |
| 6  |  |  |  |  |  |  | 0% |
| 7  |  |  |  |  |  |  | 0% |
| 8  |  |  |  |  |  |  | 0% |
| 9  |  |  |  |  |  |  | 0% |
| 10 |  |  |  |  |  |  | 0% |
| 11 |  |  |  |  |  |  | 0% |
| 12 |  |  |  |  |  |  | 0% |
| 13 |  |  |  |  |  |  | 0% |
| 14 |  |  |  |  |  |  | 0% |
| 15 |  |  |  |  |  |  | 0% |
| 16 |  |  |  |  |  |  | 0% |

#### Rekap Persentase Evaluasi : Case Study

| No | Evaluasi | Persentase |
|----|----------|------------|
|    |          | 0%         |

#### 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. **Kreteria Penilaian** adalah patokan yang digunakan sebagai ukuran atau tolok ukur ketercapaian pembelajaran dalam penilaian berdasarkan indikator-indikator yang telah ditetapkan. Kreteria penilaian merupakan pedoman bagi penilai agar penilaian konsisten dan tidak bias. Kreteria 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.

