



**Universitas Negeri Surabaya  
Fakultas Kedokteran  
Program Studi S1 Kebidanan**

Kode  
Dokumen

## RENCANA PEMBELAJARAN SEMESTER

<b>MATA KULIAH (MK)</b>	<b>KODE</b>	<b>Rumpun MK</b>	<b>BOBOT (sks)</b>			<b>SEMESTER</b>	<b>Tgl Penyusunan</b>																																																																																																				
Physical Exercise masa Remaja, WUS dan Perimenopause	1590303016		T=2	P=1	ECTS=4.77	4	18 Januari 2025																																																																																																				
<b>OTORISASI</b>	<b>Pengembang RPS</b>		<b>Koordinator RMK</b>			<b>Koordinator Program Studi</b>																																																																																																					
	.....		.....			Bd. Karunia Wijayanti, S.Keb., M.HPE.																																																																																																					
<b>Model Pembelajaran</b>	Case Study																																																																																																										
<b>Capaian Pembelajaran (CP)</b>	<b>CPL-PRODI yang dibebankan pada MK</b>																																																																																																										
	<b>CPL-5</b>	Mampu menguasai konsep teoritis basic science dan menganalisis kaitannya dengan kebidanan berdasarkan evidence based																																																																																																									
	<b>CPL-10</b>	Mampu melakukan praktik kebidanan di komunitas dengan mengidentifikasi, merumuskan dan menyelesaikan masalah kesehatan dalam lingkup kebidanan dengan menunjukkan kepekaan dan kepedulian sosial																																																																																																									
	<b>CPL-13</b>	Mampu melakukan upaya promotif dan preventif melalui physical exercise dalam lingkup kebidanan																																																																																																									
	<b>Capaian Pembelajaran Mata Kuliah (CPMK)</b>																																																																																																										
	<b>CPMK - 1</b>	Mampu memahami secara komprehensif konsep physical exercise masa Remaja, WUS dan Perimenopause (C2)																																																																																																									
	<b>CPMK - 2</b>	Mampu menganalisis faktor-faktor yang berpengaruh terhadap physical exercise masa Remaja, WUS dan Perimenopause (C4)																																																																																																									
	<b>CPMK - 3</b>	Mampu menciptakan program physical exercise masa Remaja, WUS dan Perimenopause yang berbasis bukti ilmiah (evidence based) (C5)																																																																																																									
	<b>CPMK - 4</b>	Mampu melakukan dengan tepat physical exercise masa Remaja, WUS dan Perimenopause (P3)																																																																																																									
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<b>Deskripsi Singkat MK</b>		Blok ini memberikan pengalaman belajar mahasiswa untuk memahami dan menganalisis kajian tentang physical exercise masa remaja, WUS dan perimenopause. Mahasiswa juga diharapkan mampu mengkonstruksi pengetahuan baru melalui kegiatan pembuatan program physical exercise dan mampu melakukan praktik physical exercise masa remaja, WUS, dan perimenopause. Blok ini berjalan selama 3 minggu											
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<b>Dosen Pengampu</b>													
Mg Ke-	Kemampuan akhir tiap tahapan belajar (Sub-CPMK)	Penilaian		Bantuan 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							0%						
2							0%						
3							0%						
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.**