

|  | <div> Universitas Negeri Surabaya<br/> Fakultas PSDKU<br/> Program Studi S1 Pendidikan Jasmani, Kesehatan, dan Rekreasi<br/> (Kampus Kabupaten Magetan) </div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           | Kode Dokumen              |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
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|                                                                                   | <div>RENCANA PEMBELAJARAN SEMESTER</div>                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| MATA KULIAH (MK)                                                                  | KODE                                                                                                                                                           | Rumpun MK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | BOBOT (sks)     |       |           | SEMESTER                  | Tgl Penyusunan   |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| Judo                                                                              | 8520102060                                                                                                                                                     | Mata Kuliah Pilihan Program Studi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | T=2             | P=0   | ECTS=3.18 | 3                         | 28 Desember 2025 |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| OTORISASI                                                                         | Pengembang RPS                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Koordinator RMK |       |           | Koordinator Program Studi |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | .....                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | .....           |       |           | FUAD NOOR HEZA            |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| Model Pembelajaran                                                                | Case Study                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| Capaian Pembelajaran (CP)                                                         | CPL-PRODI yang dibebankan pada MK                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPL-2                                                                                                                                                          | Menunjukkan karakter tangguh, kolaboratif, adaptif, inovatif, inklusif, belajar sepanjang hayat, dan berjiwa kewirausahaan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPL-6                                                                                                                                                          | KU1. Mampu menerapkan pemikiran logis, kritis, sistematis, dan inovatif dalam konteks pengembangan atau implementasi ilmu pengetahuan dan teknologi yang memperhatikan dan menerapkan nilai humaniora yang sesuai dengan bidang keahliannya                                                                                                                                                                                                                                                                                                                                                                          |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPL-13                                                                                                                                                         | Mampu menguasai konsep teoritis dan praktis bidang pendidikan jasmani, terutama pengembangan kreatifitas di bidang pendidikan jasmani dan olahraga                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | Capaian Pembelajaran Mata Kuliah (CPMK)                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 1                                                                                                                                                       | Mahasiswa mampu menunjukkan ketahanan fisik, disiplin, dan semangat pantang menyerah dalam proses teori dan praktik teknik judo.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 2                                                                                                                                                       | Mahasiswa mampu bekerja sama secara sportif dan saling menghargai antar sesama                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 3                                                                                                                                                       | Mahasiswa mampu menganalisis teknik dan prinsip judo secara logis dan kritis berdasarkan pendekatan biomekanika dan pedagogi olahraga.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 4                                                                                                                                                       | Mahasiswa mampu menciptakan metode latihan atau variasi pembelajaran judo berbasis teknologi, permainan edukatif, atau modifikasi alat.                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 5                                                                                                                                                       | Mahasiswa mampu menginternalisasi dan menanamkan nilai-nilai humaniora (seperti respek, tanggung jawab, empati, dan kedisiplinan) dalam latihan maupun pengajaran judo.                                                                                                                                                                                                                                                                                                                                                                                                                                              |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 6                                                                                                                                                       | Mahasiswa mampu menjelaskan secara mendalam prinsip, filosofi, dan teknik dasar judo serta perannya dalam pembelajaran pendidikan jasmani.                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 7                                                                                                                                                       | Mahasiswa mampu memperagakan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) secara benar dan sesuai standar.                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | CPMK - 8                                                                                                                                                       | Mahasiswa mampu merancang strategi pembelajaran judo yang kreatif dan menyenangkan sesuai dengan karakteristik peserta didik.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   | Matrik CPL - CPMK                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
|                                                                                   |                                                                                                                                                                | <table border="1"> <thead> <tr> <th>CPMK</th> <th>CPL-2</th> <th>CPL-6</th> <th>CPL-13</th> </tr> </thead> <tbody> <tr> <td>CPMK-1</td> <td>✓</td> <td></td> <td></td> </tr> <tr> <td>CPMK-2</td> <td>✓</td> <td></td> <td></td> </tr> <tr> <td>CPMK-3</td> <td></td> <td>✓</td> <td></td> </tr> <tr> <td>CPMK-4</td> <td></td> <td>✓</td> <td></td> </tr> <tr> <td>CPMK-5</td> <td></td> <td>✓</td> <td></td> </tr> <tr> <td>CPMK-6</td> <td></td> <td></td> <td>✓</td> </tr> <tr> <td>CPMK-7</td> <td></td> <td></td> <td>✓</td> </tr> <tr> <td>CPMK-8</td> <td></td> <td></td> <td>✓</td> </tr> </tbody> </table> | CPMK            | CPL-2 | CPL-6     | CPL-13                    | CPMK-1           | ✓ |  |  | CPMK-2 | ✓ |  |  | CPMK-3 |  | ✓ |  | CPMK-4 |  | ✓ |  | CPMK-5 |  | ✓ |  | CPMK-6 |  |  | ✓ | CPMK-7 |  |  | ✓ | CPMK-8 |  |  |
| CPMK                                                                              | CPL-2                                                                                                                                                          | CPL-6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | CPL-13          |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-1                                                                            | ✓                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-2                                                                            | ✓                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-3                                                                            |                                                                                                                                                                | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-4                                                                            |                                                                                                                                                                | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-5                                                                            |                                                                                                                                                                | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-6                                                                            |                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ✓               |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-7                                                                            |                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ✓               |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| CPMK-8                                                                            |                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ✓               |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |
| Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                  |                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |       |           |                           |                  |   |  |  |        |   |  |  |        |  |   |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |  |   |        |  |  |

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| 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               |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                  |                 |                                 |                     |   |   |    |    | ✓  | ✓  | ✓  |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |   |   |  |  |  |  |  |  |  |  |  |  |  |  |   |   |        |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |   |  |  |
| Deskripsi Singkat MK | Menumbuhkan kemampuan praktik tentang berbagai metode pelatihan Judo untuk meningkatkan keterampilan melatih yang disertai dengan konsep prestasi dan konsep beladiri. Perkuliahan dilaksanakan dengan ceramah, praktik, tugas proyek dan refleksi. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                  |                 |                                 |                     |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |   |   |  |  |  |  |  |  |  |  |  |  |  |  |   |   |        |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |   |  |  |
| Pustaka              | Utama :                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                  |                 |                                 |                     |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |   |   |  |  |  |  |  |  |  |  |  |  |  |  |   |   |        |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |   |  |  |
|                      | 1.                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Perry Paul . 1992. <i>Bebas Cidera Karate</i> . Jakarta: Ghalia Indonesia.<br>Sujito J.B . 2006. <i>Teknik Oyama Karate</i> . Jakarta: PT. Alex Media Komputindo.<br>Prayitno Kwat dan P. Rahmadi Guruh . 2007. <i>Karate Kata</i> . Jombang: K-Media.<br>Pardijono, dan Yulfadinata Afifan . (2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1</i> . Surabaya: Unesa University Press. |                                                                                  |                 |                                 |                     |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |   |   |  |  |  |  |  |  |  |  |  |  |  |  |   |   |        |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |   |  |  |
|                      | Pendukung :                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                  |                 |                                 |                     |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |   |   |  |  |  |  |  |  |  |  |  |  |  |  |   |   |        |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |   |  |  |
| Dosen Pengampu       |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                  |                 |                                 |                     |   |   |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |   |   |  |  |  |  |  |  |  |  |  |  |  |  |   |   |        |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |   |  |  |
| 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 | Mampu mengetahui sejarah perkembangan, etika dan filosofi Judo | 1. Mengetahui Sejarah Judo Dunia<br>2. Mengetahui Sejarah Judo Indonesia<br>3. Menerapkan Tata cara berpakaian<br>4. Menerapkan tata cara pemanggilan antar Judo-ka<br>5. Menerapkan etika berlatih-melatih di dojo | <b>Kriteria:</b> partisipatif<br><br><b>Bentuk Penilaian :</b> Aktifitas Partisipatif | Ceramah, diskusi, dan tanya jawab<br>2 X 50 |  | <b>Materi:</b> sejarah perkembangan, etika dan filosofi Judo<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 3% |
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|---|-----------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| 2 | Mampu memahami konsep dalam keterampilan dasar Judo | Memahami kebudayaan yang ada pada judo Memahami teknik dasar judo | <b>Kriteria:</b><br>partisipatif<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif | Ceramah,<br>diskusi,<br>tanya<br>jawab,<br>penugasan<br>2 X 50 |  | <b>Materi:</b> konsep dalam keterampilan dasar Judo<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta:<br>Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006.<br><i>Teknik Oyama Karate .</i><br>Jakarta: PT.<br>Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007.<br><i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014).<br><i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 3% |
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| 3 | Mampu mempraktikkan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | Menguasai teknik dasar ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | <b>Kriteria:</b><br>Partisipatif dan Praktik<br><br><b>Bentuk Penilaian :</b><br>Aktifitas<br>Partisipasif, Praktik / Unjuk Kerja | Praktik<br>2 X 50 |  | <b>Materi:</b> ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian)<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 10% |
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| 4 | Mampu mempraktikkan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | Menguasai teknik dasar ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | <b>Kriteria:</b><br>Partisipatif dan Praktik<br><br><b>Bentuk Penilaian :</b><br>Aktifitas<br>Partisipasif, Praktik / Unjuk Kerja | Praktik<br>2 X 50 |  | <b>Materi:</b> ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian)<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 10% |
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| 5 | Mampu mempraktikkan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | Menguasai teknik dasar ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | <b>Kriteria:</b><br>Partisipatif dan Praktik<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif | Praktik<br>2 X 50 |  | <b>Materi:</b> ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian)<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 10% |
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| 6 | Mampu mempraktikkan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | Menguasai teknik dasar ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | <b>Kriteria:</b><br>Partisipatif dan Praktik<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipatif | Praktik<br>2 X 50 |  | <b>Materi:</b> ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian)<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 10% |
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| 7 | Mampu mempraktikkan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | Menguasai teknik dasar ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | <b>Kriteria:</b><br>Partisipatif dan Praktik<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipatif | Praktik<br>2 X 50 |  | <b>Materi:</b> ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian)<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 10% |
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| 8 | Mampu mempraktikkan teknik-teknik judo seperti ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | Menguasai teknik dasar ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian) | <b>Kriteria:</b><br>UTS<br><br><b>Bentuk Penilaian :</b><br>Praktik / Unjuk Kerja, Tes | Praktik<br>2 X 50 |  | <b>Materi:</b> ukemi (jatuhan), nage-waza (lemparan), dan katame-waza (kuncian)<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. <i>Bebas Cidera Karate .</i><br>Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. <i>Teknik Oyama Karate .</i><br>Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. <i>Karate Kata.</i><br>Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br>Surabaya: Unesa University Press. | 10% |
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| 9  | Menunjukkan sikap saling menghormati saat latihan Judo (uke-tori)                                                                                       | Mahasiswa mampu memperlakukan pasangan latihannya dengan respek saat melakukan teknik lemparan, jatuhan, atau kuncian. | <b>Kriteria:</b><br>partisipatif<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif | Praktik<br>4 X 50 |  | <b>Materi:</b> teknik lemparan, jatuhan, atau kuncian.<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. Bebas Cidera Karate . Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. Teknik Oyama Karate . Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. Karate Kata. Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 . Surabaya: Unesa University Press. | 3% |
| 10 | Mahasiswa mampu menciptakan bentuk permainan sederhana (game based learning) untuk melatih keterampilan judo seperti keseimbangan, timing, atau reaksi. | Mendesain permainan edukatif untuk mengajarkan teknik dasar judo secara menyenangkan                                   | <b>Kriteria:</b><br>partisipatif<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif | Praktik<br>2 X 50 |  | <b>Materi:</b> teknik lemparan, jatuhan, atau kuncian.<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. Bebas Cidera Karate . Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. Teknik Oyama Karate . Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi</b>                                                                                                                                                                                              | 3% |

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Jombang: K-  
Media.  
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**Yulfadinata**  
**Affan .**  
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Olahraga  
Edisi 1 .  
Surabaya:  
Unesa  
University  
Press.

**Materi:**  
permainan  
sederhana  
(game based  
learning) untuk  
melatih  
keterampilan  
judo seperti  
keseimbangan,  
timing, atau  
reaksi.

**Pustaka:**  
**Perry Paul .**  
1992. Bebas  
Cidera  
Karate .  
Jakarta:  
Ghalia  
Indonesia.  
**Sujito J.B .**  
2006.  
Teknik  
Oyama  
Karate .  
Jakarta: PT.  
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**Kwat dan**  
**P. Rahmadi**  
**Guruh .**  
2007.  
Karate Kata.  
Jombang: K-  
Media.  
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**dan**  
**Yulfadinata**  
**Affan .**  
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Prasarana  
Olahraga  
Edisi 1 .  
Surabaya:  
Unesa

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|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                    |                                                                                              |                   |  | University Press.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    |
| 11 | <p>1. Mahasiswa mampu menunjukkan kesalahan umum (misal: posisi kaki, sudut putaran, arah gaya) dan menjelaskan dampaknya terhadap efektivitas teknik.</p> <p>2. Mahasiswa mampu menjelaskan bagaimana metode mengajar teknik judo dapat disesuaikan dengan usia, kemampuan, dan tahapan belajar peserta didik.</p> <p>3. Mahasiswa mampu membuat laporan berbasis observasi atau video yang memuat deskripsi teknik, prinsip biomekanika, pedagogi, dan saran perbaikan.</p> | <p>1. Mampu menjelaskan konsep biomekanika dasar dalam teknik judo</p> <p>2. Mampu mengidentifikasi kesalahan teknik dan memberikan analisis kritis</p> <p>3. Menjelaskan implikasi pedagogi terhadap pembelajaran teknik judo</p> | <p><b>Kriteria:</b> partisipatif</p> <p><b>Bentuk Penilaian :</b> Aktifitas Partisipatif</p> | praktik<br>2 X 50 |  | <p><b>Materi:</b> konsep biomekanika judo dan implikasi pedagogi terhadap pembelajaran teknik judo</p> <p><b>Pustaka:</b><br/> <b>Perry Paul .</b><br/> 1992. <i>Bebas Cidera Karate .</i><br/> Jakarta:<br/> Ghalia Indonesia.<br/> <b>Sujito J.B .</b><br/> 2006.<br/> <i>Teknik Oyama Karate .</i><br/> Jakarta: PT. Alex Media Komputindo.<br/> <b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br/> 2007.<br/> <i>Karate Kata.</i><br/> Jombang: K-Media.<br/> <b>Pardijono, dan Yulfadinata Afifan .</b><br/> (2014).<br/> <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br/> Surabaya: Unesa University Press.</p> | 3% |
| 12 | <p>1. Mahasiswa mampu menjelaskan bagaimana metode mengajar teknik judo dapat disesuaikan dengan usia, kemampuan, dan tahapan belajar peserta didik.</p> <p>2. Mahasiswa mampu membuat laporan berbasis observasi atau video yang memuat deskripsi teknik, prinsip biomekanika, pedagogi, dan saran perbaikan.</p>                                                                                                                                                            | <p>1. Mampu mengidentifikasi kesalahan teknik dan memberikan analisis kritis</p> <p>2. Menjelaskan implikasi pedagogi terhadap pembelajaran teknik judo</p>                                                                        | <p><b>Kriteria:</b> partisipatif</p> <p><b>Bentuk Penilaian :</b> Aktifitas Partisipatif</p> | praktik<br>2 X 50 |  | <p><b>Materi:</b> konsep biomekanika judo dan implikasi pedagogi terhadap pembelajaran teknik judo</p> <p><b>Pustaka:</b><br/> <b>Perry Paul .</b><br/> 1992. <i>Bebas Cidera Karate .</i><br/> Jakarta:<br/> Ghalia Indonesia.<br/> <b>Sujito J.B .</b><br/> 2006.<br/> <i>Teknik</i></p>                                                                                                                                                                                                                                                                                                                                       | 3% |

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Jombang: K-  
Media.  
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Yulfadinata  
Afifan .**  
(2014).  
Buku Ajar  
Sarana dan  
Prasarana  
Olahraga  
Edisi 1 .  
Surabaya:  
Unesa  
University  
Press.

**Materi:**  
implikasi  
pedagogi  
terhadap  
pembelajaran  
teknik judo  
**Pustaka:**  
**Perry Paul .**  
1992. Bebas  
Cidera  
Karate .  
Jakarta:  
Ghalia  
Indonesia.  
**Sujito J.B .**  
2006.  
Teknik  
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| 13 | <p>1.Mahasiswa mampu menjelaskan bagaimana metode mengajar teknik judo dapat disesuaikan dengan usia, kemampuan, dan tahapan belajar peserta didik.</p> <p>2.Mahasiswa mampu membuat laporan berbasis observasi atau video yang memuat deskripsi teknik, prinsip biomekanika, pedagogi, dan saran perbaikan.</p> | <p>1.Mampu mengidentifikasi kesalahan teknik dan memberikan analisis kritis</p> <p>2.Menjelaskan implikasi pedagogi terhadap pembelajaran teknik judo</p> | <p><b>Kriteria:</b><br/>partisipatif</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipasif</p> | praktik<br>2 X 50 |  | <p><b>Materi:</b><br/>implikasi pedagogi terhadap pembelajaran teknik judo</p> <p><b>Pustaka:</b><br/><b>Perry Paul .</b><br/>1992. <i>Bebas Cidera Karate . Jakarta: Ghalia Indonesia.</i><br/><b>Sujito J.B .</b><br/>2006.<br/><i>Teknik Oyama Karate . Jakarta: PT. Alex Media Komputindo.</i><br/><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br/>2007.<br/><i>Karate Kata. Jombang: K-Media.</i><br/><b>Pardijono, dan Yulfadinata Afifan .</b><br/>(2014).<br/><i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 . Surabaya: Unesa University Press.</i></p> | 3% |

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| 14 | <p>1. Mahasiswa mampu menjelaskan bagaimana metode mengajar teknik judo dapat disesuaikan dengan usia, kemampuan, dan tahapan belajar peserta didik.</p> <p>2. Mahasiswa mampu membuat laporan berbasis observasi atau video yang memuat deskripsi teknik, prinsip biomekanika, pedagogi, dan saran perbaikan.</p> | <p>1. Mampu mengidentifikasi kesalahan teknik dan memberikan analisis kritis</p> <p>2. Menjelaskan implikasi pedagogi terhadap pembelajaran teknik judo</p> | <p><b>Kriteria:</b><br/>partisipatif</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipatif</p> | <p>praktik<br/>2 X 50</p> |  | <p><b>Materi:</b><br/>implikasi pedagogi terhadap pembelajaran teknik judo</p> <p><b>Pustaka:</b><br/> <b>Perry Paul .</b><br/> 1992. <i>Bebas Cidera Karate .</i><br/> Jakarta: Ghalia Indonesia.<br/> <b>Sujito J.B .</b><br/> 2006. <i>Teknik Oyama Karate .</i><br/> Jakarta: PT. Alex Media Komputindo.<br/> <b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br/> 2007. <i>Karate Kata.</i><br/> Jombang: K-Media.<br/> <b>Pardijono, dan Yulfadinata Afifan .</b><br/> (2014). <i>Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 .</i><br/> Surabaya: Unesa University Press.</p> | 4% |
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| 15 | Mahasiswa mampu menjelaskan bagaimana judo dapat digunakan sebagai media pembelajaran gerak dasar, etika, dan pengembangan karakter. | Menyebut prinsip Kodokan Judo dan penjelasan singkat fungsi teknik dasar. | <b>Kriteria:</b><br>partisipatif<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif | praktik<br>2 X 50 |  | <b>Materi:</b><br>implikasi pedagogi terhadap pembelajaran teknik judo<br><b>Pustaka:</b><br><b>Perry Paul .</b><br>1992. Bebas Cidera Karate . Jakarta: Ghalia Indonesia.<br><b>Sujito J.B .</b><br>2006. Teknik Oyama Karate . Jakarta: PT. Alex Media Komputindo.<br><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br>2007. Karate Kata. Jombang: K-Media.<br><b>Pardijono, dan Yulfadinata Afifan .</b><br>(2014). Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 . Surabaya: Unesa University Press. | 5% |
|----|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                            |                                            |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |     |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 16 | <p>1. Mahasiswa mampu menjelaskan prinsip Ju (kelembutan), Seiryoku Zenyo (efisiensi energi), dan Jita Kyoei (saling menghormati &amp; kemajuan bersama).</p> <p>2. Mahasiswa mampu menjelaskan keterkaitan antara nilai-nilai judo dan penguatan karakter dalam pembelajaran PJOK.</p> <p>3. Mahasiswa mampu menjelaskan teknik dasar judo seperti ukemi, nage-waza, dan katame-waza secara runtut dan sesuai prinsip biomekanika.</p> <p>4. Mahasiswa mampu mengaitkan pembelajaran judo dengan pengembangan aspek gerak dasar, sportivitas, dan nilai edukatif dalam pendidikan jasmani.</p> | <p>1. Mahasiswa menjelaskan prinsip judo dengan akurat, lengkap, dan menggunakan istilah yang tepat</p> <p>2. Mahasiswa mampu menulis atau mempresentasikan hubungan antara filosofi judo dan karakter siswa</p> <p>3. Mahasiswa mendeskripsikan teknik dasar judo secara runtut, akurat, dan berbasis teori</p> <p>4. Mahasiswa menjelaskan manfaat judo dalam konteks pendidikan jasmani secara reflektif dan aplikatif</p> | <p><b>Kriteria:</b><br/>essay</p> <p><b>Bentuk Penilaian :</b><br/>Tes</p> | <p>Ceramah,<br/>tanya jawab<br/>4 X 50</p> |  | <p><b>Materi:</b> UAS<br/><b>Pustaka:</b><br/><b>Perry Paul .</b><br/><i>1992. Bebas Cidera Karate . Jakarta: Ghalia Indonesia.</i><br/><b>Sujito J.B .</b><br/><i>2006. Teknik Oyama Karate . Jakarta: PT. Alex Media Komputindo.</i><br/><b>Prayitno Kwat dan P. Rahmadi Guruh .</b><br/><i>2007. Karate Kata. Jombang: K-Media.</i><br/><b>Pardijono, dan Yulfadinata Afifan .</b><br/><i>(2014). Buku Ajar Sarana dan Prasarana Olahraga Edisi 1 . Surabaya: Unesa University Press.</i></p> | 10% |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|

#### Rekap Persentase Evaluasi : Case Study

| No | Evaluasi               | Persentase |
|----|------------------------|------------|
| 1. | Aktifitas Partisipatif | 70%        |
| 2. | Praktik / Unjuk Kerja  | 15%        |
| 3. | Tes                    | 15%        |
|    |                        | 100%       |

#### 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.