



**Universitas Negeri Surabaya
Fakultas Ilmu Pendidikan
Program Studi S1 Pendidikan Luar Sekolah**

Kode Dokumen

RENCANA PEMBELAJARAN SEMESTER

MATA KULIAH (MK)	KODE	Rumpun MK	BOBOT (sks)			SEMESTER	Tgl Penyusunan
Pendidikan Kesehatan Masyarakat	8620502122	Mata Kuliah Wajib Program Studi	T=2	P=0	ECTS=3.18	1	6 Januari 2023
OTORISASI	Pengembang RPS		Koordinator RMK			Koordinator Program Studi	
	Dr. I Ketut Atmaja Johny Artha, M.Kes. ; Dr. Soedjarwo, M.S.		Dr. I Ketut Atmaja Johny Artha, M.Kes			Rivo Nugroho, S.Pd., M.Pd.	

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-8	Mampu merancang dan mengimplementasikan Pembelajaran berbasis Andragogi Pembelajaran pada Pendidikan Non Formal dan Pendidikan Masyarakat																																																																																																				
	CPL-10	Mampu berkomunikasi baik secara tertulis maupun lisan sesuai dengan nilai, norma, dan etika akademik																																																																																																				
	Capaian Pembelajaran Mata Kuliah (CPMK)																																																																																																					
	CPMK - 1	Mampu mengidentifikasi dan mendefinisikan konsep dan tujuan pendidikan kesehatan masyarakat																																																																																																				
	CPMK - 2	Mampu mempelajari kesehatan masyarakat dan bisnis kesehatan masyarakat																																																																																																				
	CPMK - 3	Mampu memahami dan mengidentifikasi teori-teori kesehatan masyarakat																																																																																																				
	CPMK - 4	Menunjukkan sikap positif dan kerja sama untuk mewujudkan program pendidikan nonformal di bidang kesehatan masyarakat																																																																																																				
	Matrik CPL - CPMK																																																																																																					
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Deskripsi Singkat MK	This course discusses concepts, knowledge, and healthy attitudes / behavior to students about planning, selecting strategies for health education efforts to the community. Health improvement efforts include promotive, preventive, curative and rehabilitative efforts. Promotive efforts by conducting public health education so that changes in healthy behavior occur. This course aims to equip students with basic knowledge and practical skills in designing, implementing, and evaluating health programs aimed at improving the quality of life of the community. The success indicator of this course is if students are able to use effective communication to the community in relation to delivering information related to health and education. Learning is carried out using lecture methods, and case studies, as well as individual and group assignments. Meanwhile, assessment is carried out with the participation of students as well as midterm and final exams.
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Pustaka		Utama :					
		<ol style="list-style-type: none"> 1. Soekidjo, N. 2010. Promosi Kesehatan (Teori dan Aplikasi). Jakarta: Rineka Cipta. 2. White, Kevin. 2011. Pengantar Sosiologi Kesehatan dan Penyakit. Jakarta: Rajawali Pers. 3. Soekidjo, N. 2010. Ilmu Perilaku Kesehatan. Jakarta: PT. Rineka Cipta. 4. Sundari, Siti. 2005. Kesehatan Mental dalam Kehidupan. Jakarta: Rineka Cipta. 5. Pranowo, A.J. 2010. Diet Sehat Alami Golongan Darah. Jakarta: Medjahati Pustaka. 6. Soegeng, S. 2007. Kesehatan dan Gizi. Jakarta: UT. 					
		Pendukung :					
Dosen Pengampu		SOEDJARWO Drs. Heru Siswanto, M.Si. Prof.Dr. I Ketut Atmaja Johnny Artha, M.Kes. Dr. Shobri Firman Susanto, S.Pd., M.Pd.					
Mg Ke-	Kemampuan akhir tiap tahapan belajar (Sub-CPMK)	Penilaian		Bantuan Pembelajaran, Metode Pembelajaran, Penugasan Mahasiswa, [Estimasi Waktu]		Materi Pembelajaran [Pustaka]	Bobot Penilaian (%)
		Indikator	Kriteria & Bentuk	Luring (offline)	Daring (online)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	1. Able to identify and define the concepts and objectives of public health education	Students can: Understand the basic concepts of public health education	Kriteria: 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% Bentuk Penilaian : Aktifitas Partisipatif	Exploration, lecture, question and answer, assignment, review 2 X 50	Exploration, lecture, question and answer, assignment, review 2 X 50	Materi: health and society Pustaka: <i>Soekidjo, N. 2010. Promosi Kesehatan (Teori dan Aplikasi). Jakarta: Rineka Cipta.</i> <hr/> Materi: study of Indonesian society and healthy habits Pustaka: <i>White, Kevin. 2011. Pengantar Sosiologi Kesehatan dan Penyakit. Jakarta: Rajawali Pers.</i> <hr/> Materi: healthy behavior Pustaka: <i>Soekidjo, N. 2010. Promosi Kesehatan (Teori dan Aplikasi). Jakarta: Rineka Cipta.</i>	3%
2	Students are able to identify public health studies and public health efforts	1. Explain public health in society. 2. Describe public health efforts	Kriteria: 1. Material mastery 80% 2. Participation (20%) Midterm Exam: UTS: 20% 3. Final Semester Examination (UAS): 30% 4. Assignments (discussions, papers, etc.): 30% 5. Total 100% Bentuk Penilaian : Aktifitas Partisipatif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	Materi: health behavior Pustaka: <i>Soekidjo, N. 2010. Ilmu Perilaku Kesehatan. Jakarta: PT. Rineka Cipta.</i> <hr/> Materi: public health Pustaka: <i>Sundari, Siti. 2005. Kesehatan Mental dalam Kehidupan. Jakarta: Rineka Cipta.</i>	3%

3	Understand and identify theories of healthy behavior	Students can: 1. Explain the definition of healthy behavior 2. Discuss healthy behavior	<p>Kriteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Bentuk Penilaian : Aktifitas Partisipasif</p>	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	<p>Materi: healthy living habits Pustaka: <i>Pranowo, A.J. 2010. Diet Sehat Alami Golongan Darah. Jakarta: Medjahati Pustaka.</i></p>	3%
4	Students are able to understand and identify health education theories	Students can: 1. Understand the definition of health education 2. Explain Health Education	<p>Kriteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Bentuk Penilaian : Aktifitas Partisipasif</p>	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 x 50	<p>Materi: healthy food for the community Pustaka: <i>Soegeng, S. 2007. Kesehatan dan Gizi. Jakarta: UT.</i></p> <p>Materi: mental health Pustaka: <i>Sundari, Siti. 2005. Kesehatan Mental dalam Kehidupan. Jakarta: Rineka Cipta.</i></p>	3%
5	Students are able to understand the concept and identify environmental sanitation	Students can: 1. Explain environmental sanitation. 2. Distinguish between physical, mental and social environments.	<p>Kriteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Bentuk Penilaian : Aktifitas Partisipasif</p>	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 x 50	<p>Materi: Perfect nutrition Pustaka: <i>Pranowo, A.J. 2010. Diet Sehat Alami Golongan Darah. Jakarta: Medjahati Pustaka.</i></p>	3%
6	Students are able to understand and identify air pollution	Students can: 1. Explain the definition of air. 2. Differentiate between clean air and polluted air.	<p>Kriteria:</p> <ol style="list-style-type: none"> 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% <p>Bentuk Penilaian : Aktifitas Partisipasif</p>	ekplorasi, Ceramah Tanya-jawab Diskusi 2 X 50	exploration, lecture, question and answer discussion 2 x 50	<p>Materi: basic theory of health Pustaka: <i>Soekidjo, N. 2010. Ilmu Perilaku Kesehatan. Jakarta: PT. Rineka Cipta.</i></p>	4%

7	Students are able to understand and identify water and water pollution	Students can: 1. Explain the theory of water; 2. Know the process of water pollution; 3. Understand the principles of water in health and social marketing steps (Social Marketing)	Kriteria: 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	Materi: know infectious diseases Pustaka: <i>White, Kevin. 2011. Pengantar Sosiologi Kesehatan dan Penyakit. Jakarta: Rajawali Pers.</i>	3%
8	Students are able to understand and identify extension theory	Students can: 1. Explain the definition of extension. 2. Discuss the steps of extension	Kriteria: 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% Bentuk Penilaian : Tes	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	Materi: pentingnya menjaga kesehatan Pustaka: <i>Pranowo, A.J. 2010. Diet Sehat Alami Golongan Darah. Jakarta: Medjahati Pustaka.</i> Materi: the importance of maintaining health Pustaka: <i>Pranowo, A.J. 2010. Diet Sehat Alami Golongan Darah. Jakarta: Medjahati Pustaka.</i>	20%
9	Midterm exam	all the material that has been discussed	Kriteria: 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% Bentuk Penilaian : Aktifitas Partisipasif	written test 2 X 50	written test 2 X 50	Materi: public health Pustaka: <i>Soegeng, S. 2007. Kesehatan dan Gizi. Jakarta: UT.</i>	4%

10	Students are able to understand and identify changes in behavior	Students are expected to be able to: 1. Explain theories and concepts of health behavior 2. Identify health behavior	Kriteria: 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion	Materi: community mental health Pustaka: <i>Sundari, Siti. 2005. Kesehatan Mental dalam Kehidupan. Jakarta: Rineka Cipta.</i>	4%
11	Students are able to understand the concept and identify healthy lifestyle patterns	1. Understand the theory and concept of healthy lifestyle 2. Identify healthy lifestyle patterns	Kriteria: 1. Penguasaan materi 80 % 2. Partisipasi (20%) 3. Ujian Tengah Semester : UTS : 20 % 4. Ujian Akhir Semester (UAS) : 30 % 5. Tugas (diskusi, makalah, dll) : 30 % 6. Jumlah 100 % 7. Material mastery 80% 8. Participation (20%) 9. Midterm Exam: UTS: 20% 10. Final Semester Examination (UAS): 30% 11. Assignments (discussions, papers, etc.): 30% 12. Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	Materi: healthy living behavior Pustaka: <i>Soekidjo, N. 2010. Ilmu Perilaku Kesehatan. Jakarta: PT. Rineka Cipta.</i>	4%
12	Understand the concept and identification of food sanitation	. 1. Explain the theory and concept of food sanitation. 2. Identify food sanitation	Kriteria: 1. Material mastery 80% 2. Participation (20%) 3. Midterm Exam: UTS: 20% 4. Final Semester Examination (UAS): 30% 5. Assignments (discussions, papers, etc.): 30% 6. Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Lecture Question and answer Discussion 2 X 50	Lecture Question and answer Discussion	Materi: mental health Pustaka: <i>Sundari, Siti. 2005. Kesehatan Mental dalam Kehidupan. Jakarta: Rineka Cipta.</i>	4%

13	Students are able to understand and identify nutritional food sanitation efforts	1. Explain the theory and concept of food and nutrition sanitation businesses. 2. Identify food and nutrition sanitation businesses	Kriteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 x 50	Materi: healthy with diet Pustaka: Pranowo, A.J. 2010. <i>Diet Sehat Alami Golongan Darah</i> . Jakarta: Medjahati Pustaka.	4%
14	Students are able to understand and identify vectors or agents of diseases transmitted from food.	1. Explain the theory and concept of disease vectors/agents contracting from food. 2. Identify disease vectors/agents contracting from food	Kriteria: 1.Material mastery 80% 2.Participation (20%) Midterm Exam: UTS: 20% 3.Final Semester Examination (UAS): 30% 4.Assignments (discussions, papers, etc.): 30% 5.Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	Materi: healthy community behavior Pustaka: Soekidjo, N. 2010. <i>Ilmu Perilaku Kesehatan</i> . Jakarta: PT. Rineka Cipta.	4%
15	Students are able to understand and identify nutrition	1. Explain the theory and concept of nutrition. 2. Identify nutrition	Kriteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Bentuk Penilaian : Aktifitas Partisipasif	Exploration, Lecture, Question and Answer Discussion 2 X 50	Exploration, Lecture, Question and Answer Discussion 2 X 50	Materi: healthy lifestyle movement behavior Pustaka: Soekidjo, N. 2010. <i>Ilmu Perilaku Kesehatan</i> . Jakarta: PT. Rineka Cipta.	4%
16	semester exams	All material has been discussed	Kriteria: 1.Material mastery 80% 2.Participation (20%) 3.Midterm Exam: UTS: 20% 4.Final Semester Examination (UAS): 30% 5.Assignments (discussions, papers, etc.): 30% 6.Total 100% Bentuk Penilaian : Tes	written test 2 X 50	written test 2 X 50	Materi: healthy living behavior Pustaka: Soekidjo, N. 2010. <i>Ilmu Perilaku Kesehatan</i> . Jakarta: PT. Rineka Cipta.	30%

Rekap Persentase Evaluasi : Case Study

No	Evaluasi	Persentase
1.	Aktifitas Partisipasif	50%
2.	Tes	50%
		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.

RPS ini telah divalidasi pada tanggal 14 November 2024

Koordinator Program Studi S1
Pendidikan Luar Sekolah



Rivo Nugroho, S.Pd., M.Pd.
NIDN 0005048107

UPM Program Studi S1
Pendidikan Luar Sekolah



Widya Nusantara, S.Pd., M.Pd.
NIDN 0018038703



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