

|  | <p style="text-align: center;"><b>Universitas Negeri Surabaya</b><br/> <b>Fakultas Ilmu Keolahragaan Dan Kesehatan</b><br/> <b>Program Studi S1 Ilmu Keolahragaan</b></p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           | <p style="text-align: center;">Kode<br/>Dokumen</p> |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
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| <b>RENCANA PEMBELAJARAN SEMESTER</b>                                              |                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| MATA KULIAH (MK)                                                                  | KODE                                                                                                                                                                      | Rumpun MK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | BOBOT (sks)                  |     | SEMESTER                  | Tgl Penyusunan                                      |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| Teori dan Perkembangan Fitnes                                                     | 8920103178                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | T=3                          | P=0 | ECTS=4.77                 | 3<br>23 Januari 2026                                |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| OTORISASI                                                                         | Pengembang RPS                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Koordinator RMK              |     | Koordinator Program Studi |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | Dr. Soni Sulistyarto, M.Kes.                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Dr. Soni Sulistyarto, M.Kes. |     | HERI WAHYUDI              |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| Model Pembelajaran                                                                | Project Based Learning                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| Capaian Pembelajaran (CP)                                                         | CPL-PRODI yang dibebankan pada MK                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPL-5                                                                                                                                                                     | mampu melakukan analisis teoretis tentang hubungan antara anatomi manusia dan implementasi fungsi manusia dalam aktivitas fisik dan olahraga, khususnya dalam bidang kajian ilmu keolahragaan.". (PLO-4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPL-7                                                                                                                                                                     | Mampu memahami, menganalisis dan mengevaluasi serta menerapkan teori keilmuan khususnya kebugaran fisik, kesehatan mental, dan sosial di bidang ilmu keolahragaan. (PLO-7)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPL-13                                                                                                                                                                    | Mampu melakukan penelitian ilmiah yang dapat digunakan dalam memberikan berbagai alternatif penyelesaian masalah di bidang ilmu keolahragaan untuk mengembangkan dan mengoptimalkan pembinaan aktifitas fisik dan permainan olahraga tradisional serta olahraga prestasi dalam rangkaian upaya meningkatkan kesehatan dan kebugaran bagi masyarakat, komunitas olahraga dan olahragawan.(PLO-3)                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | Capaian Pembelajaran Mata Kuliah (CPMK)                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 1                                                                                                                                                                  | Mahasiswa dapat menerapkan konsep anatomi dalam merancang program latihan kebugaran yang sesuai dengan kebutuhan individu. (C3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 2                                                                                                                                                                  | Mahasiswa dapat menganalisis dampak latihan fisik terhadap kesehatan mental dan sosial. (C4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 3                                                                                                                                                                  | Mahasiswa dapat mengevaluasi efektivitas program latihan kebugaran menggunakan kriteria ilmiah. (C5)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 4                                                                                                                                                                  | Mahasiswa dapat menciptakan metode baru dalam pelaksanaan latihan fisik yang inovatif dan adaptif. (C6)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 5                                                                                                                                                                  | Mahasiswa dapat menerapkan teori kebugaran fisik dalam konteks peningkatan kinerja olahraga. (C3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 6                                                                                                                                                                  | Mahasiswa dapat menganalisis hubungan antara kebugaran fisik dan kesehatan mental dalam aktivitas olahraga. (C4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 7                                                                                                                                                                  | Mahasiswa dapat mengevaluasi dan mengoptimalkan program latihan berdasarkan hasil penelitian ilmiah. (C5)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 8                                                                                                                                                                  | Mahasiswa dapat menciptakan program latihan yang mengintegrasikan aspek sosial, mental, dan fisik untuk komunitas olahraga. (C6)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 9                                                                                                                                                                  | Mahasiswa dapat menerapkan pendekatan ilmiah dalam mengembangkan aktivitas fisik dan olahraga tradisional. (C3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   | CPMK - 10                                                                                                                                                                 | Mahasiswa dapat menganalisis peran kebugaran fisik dalam meningkatkan kualitas hidup masyarakat. (C4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| Matrik CPL - CPMK                                                                 |                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
|                                                                                   |                                                                                                                                                                           | <table border="1" style="width: 100%; text-align: center;"> <tr> <th>CPMK</th> <th>CPL-5</th> <th>CPL-7</th> <th>CPL-13</th> </tr> <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> <tr><td>CPMK-9</td><td></td><td></td><td>✓</td></tr> <tr><td>CPMK-10</td><td></td><td>✓</td><td></td></tr> </table> |                              |     |                           | CPMK                                                | CPL-5 | CPL-7 | CPL-13 | CPMK-1 | ✓ |  |  | CPMK-2 |  | ✓ |  | CPMK-3 |  | ✓ |  | CPMK-4 |  |  | ✓ | CPMK-5 |  | ✓ |  | CPMK-6 |  | ✓ |  | CPMK-7 |  |  | ✓ | CPMK-8 |  | ✓ | ✓ | CPMK-9 |  |  | ✓ | CPMK-10 |  | ✓ |  |
| CPMK                                                                              | CPL-5                                                                                                                                                                     | CPL-7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | CPL-13                       |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-1                                                                            | ✓                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-2                                                                            |                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-3                                                                            |                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-4                                                                            |                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ✓                            |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-5                                                                            |                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-6                                                                            |                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-7                                                                            |                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ✓                            |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-8                                                                            |                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | ✓                            |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-9                                                                            |                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ✓                            |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| CPMK-10                                                                           |                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |
| Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                  |                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                              |     |                           |                                                     |       |       |        |        |   |  |  |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |  |        |  |   |  |        |  |  |   |        |  |   |   |        |  |  |   |         |  |   |  |

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|                      |                                                                                                                                                                                                                                                                                                                                                                                                               | <table><tr><td rowspan="2">CPMK</td><td colspan="16">Minggu 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| CPMK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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 |  |  |  |  |  | CPMK-10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓ |
| CPMK                 | Minggu Ke                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-1               | ✓                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-2               |                                                                                                                                                                                                                                                                                                                                                                                                               | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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| CPMK-3               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-4               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-5               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-6               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-7               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-8               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-9               |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| CPMK-10              |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| Deskripsi Singkat MK | Mata kuliah ini akan membahas tentang pemahaman serta penguasaan teori dan praktek fitness ( indoor, outdoor, functional training, dan weight training dengan fitness equipment ), cara penggunaan dan pemeliharaan alat-alat fitne ss serta pengetahuan tentang perawatan spa menggunakan aroma terapi. Perkuliahan dilaksanakan dengan presentasi, diskusi, praktek, unjuk kerja, dan penyelenggaraan even. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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| Pustaka              | Utama :                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <div><div>1. 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|                      | Pendukung :                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| Dosen Pengampu       | Dr. Soni Sulistyarto, M.Kes.<br>Indra Himawan Susanto, S.Or., M.Kes.<br>A Burhanuddin Kusuma Nugraha, S.Pd., M.Kes.<br>Awang Firmansyah, S.Or., M.Kes.<br>Dr. Shidqi Hamdi Pratama Putera, S.Or., M.Pd.                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| Mg Ke-               | Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                                                                                                                                                                                                                                                                                                                                                               | Penilaian                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       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|---|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| 1 | <p>1. Memahami terminologi Fitness, Wellness, Fitness Center, dan Physical Fitness</p> <p>2. Memahami Etika seorang Personal Trainer</p> | <p>1. struktur tubuh manusia dipahami dengan baik</p> <p>2. program latihan kebugaran sesuai dengan kebutuhan individu</p>                                                                                                                                                                                                                         | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Penilaian Praktikum, Praktik / Unjuk Kerja, Tes</p> | <p>Ceramah, diskusi, dan tanya jawab<br/>3 X 50</p>                                     | <p>Diskusi daring tentang penerapan konsep anatomi dalam merancang program latihan kebugaran<br/>1 x 50</p> | <p><b>Materi:</b><br/>Konsep Anatomi Manusia, Hubungan Anatomi dengan Latihan Kebugaran, Merancang Program Latihan Kebugaran</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p>                          | 5% |
| 2 | <p>Mahasiswa dapat menerapkan konsep anatomi dalam merancang program latihan kebugaran yang sesuai dengan kebutuhan individu.</p>        | <p>1. Dapat menjelaskan anatomi dalam konteks fitness</p> <p>2. Dapat memahami hubungan sistem gerak tubuh manusia dengan fitness</p>                                                                                                                                                                                                              | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Penilaian Portofolio, Praktik / Unjuk Kerja</p>     | <p>Ceramah, diskusi, tanya jawab, penugasan dan unjuk kerja (presentasi)<br/>2 X 50</p> | <p>Diskusi daring tentang penerapan konsep anatomi dalam program latihan kebugaran<br/>1 x 50</p>           | <p><b>Materi:</b><br/>Pengenalan Anatomi Manusia, Hubungan Anatomi dengan Gerakan Tubuh, Penerapan Anatomi dalam Program Latihan Kebugaran</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p>            | 5% |
| 3 | <p>Mahasiswa mampu memahami komponen fitness (set, reps, volume, frekuensi, dll)</p>                                                     | <p>1.1. Mampu menjelaskan pengertian Weight Training</p> <p>2.2. Dapat menentukan zona latihan individu atau orang lain</p> <p>3.3. Dapat menentukan goal setting individu atau orang lain</p> <p>4.4. Mencari beban maksimal dan repetisi maksimal</p> <p>5.5. Mampu menjelaskan dan membuat variasi latihan weight training secara sederhana</p> | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipatif</p>                          | <p>Ceramah, diskusi, tanya jawab, praktik<br/>2 X 50</p>                                | <p>1 x 50</p>                                                                                               | <p><b>Materi:</b> Teori kesehatan mental dan sosial, Manfaat latihan fisik bagi kesehatan mental dan sosial, Studi kasus tentang dampak latihan fisik</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p> | 5% |

|   |                                                                                                    |                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                        |                                                       |        |                                                                                                                                                                                                                                                     |    |
|---|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| 4 | Mahasiswa mampu memberikan dosis latihan yang tepat sesuai kebutuhan, kemampuan dan tujuan client  | <p>1.1. Mampu menjabarkan maksud daripada prinsip S.P.O.R.T, F.I.T, H.I.I.T, H.I.C.T, L.I.S.S, A.M.R.A.P, E.M.O.M, TABATA, ASCENDING, DESCENDING, dan PYRAMID beserta contohnya</p> <p>2.2. Mampu menjelaskan dan menghitung daripada DNM dan BMI seseorang dengan perbedaan usia</p> | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipatif, Praktik / Unjuk Kerja</p>      | Ceramah, diskusi, tanya jawab dan penugasan<br>2 X 50 | 1 x 50 | <p><b>Materi:</b> Teori kesehatan mental dan sosial, Studi kasus dampak latihan fisik</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p>                                                                                                    | 5% |
| 5 | Mahasiswa mampu menerapkan program latihan sesuai dengan kebutuhan, kemampuan dan tujuan client    | <p>1. efektivitas program latihan kebugaran</p> <p>2. kriteria ilmiah</p> <p>3. analisis hasil evaluasi</p>                                                                                                                                                                           | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipatif, Praktik / Unjuk Kerja, Tes</p> | Ceramah, diskusi, tanya jawab dan praktik<br>2 X 50   | 1 x 50 | <p><b>Materi:</b><br/>Konsep Evaluasi Program Latihan Kebugaran, Kriteria Ilmiah dalam Evaluasi Program Latihan, Analisis Hasil Evaluasi</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p>                                                 | 5% |
| 6 | Mahasiswa mampu mengevaluasi program latihan sesuai dengan kebutuhan, kemampuan dan tujuan client  | <p>1. efektivitas program latihan kebugaran</p> <p>2. penggunaan kriteria ilmiah</p> <p>3. assesment fitness</p>                                                                                                                                                                      | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Penilaian Praktikum, Praktik / Unjuk Kerja, Tes</p>    | Ceramah, diskusi, tanya jawab dan penugasan<br>2 X 50 | 1 x 50 | <p><b>Materi:</b><br/>Pentingnya evaluasi program latihan kebugaran, Kriteria ilmiah dalam mengevaluasi program latihan kebugaran, Teknik evaluasi efektivitas program latihan kebugaran</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p> | 5% |
| 7 | Mahasiswa mampu menciptakan metode baru dalam pelaksanaan latihan fisik yang inovatif dan adaptif. | <p>1. kreativitas dalam menciptakan metode latihan fisik</p> <p>2. kemampuan mengadaptasi metode latihan fisik</p> <p>3. tingkat inovasi dalam pengembangan metode latihan fisik</p>                                                                                                  | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipatif, Praktik / Unjuk Kerja</p>      | 2 X 50                                                | 1 x 50 | <p><b>Materi:</b><br/>Konsep inovasi dalam latihan fisik, Strategi adaptasi dalam latihan fisik, Studi kasus metode latihan fisik inovatif</p> <p><b>Pustaka:</b><br/><i>Handbook Perkuliahan</i></p>                                               | 5% |

|    |                                                                        |                                                                                                                                                                                                                         |                                                                                                                                                                                                                          |                                                           |  |                                                                                                                                                              |     |
|----|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 8  | UJIAN TENGAH SEMESTER                                                  | 1. Mampu menjelaskan dan memberikan pemanasan statis, PNF dan dinamis<br>2. Mampu menjelaskan dan memberikan contoh latihan beban dengan menggunakan dumbbell                                                           | <b>Kriteria:</b><br>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar.<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Tes                                                                   | Diskusi, unjuk kerja, tanya jawab dan penugasan<br>2 X 50 |  | <b>Materi:</b> UTS<br><b>Pustaka:</b><br><i>Bompa, T. O. 2015. Periodization Training for Sports, (3th edition). United State of America: Human Kinetic.</i> | 10% |
| 9  | Mahasiswa mampu menerapkan program latihan yang dibuat secara personal | 1. Mampu melatih client sesuai dengan program latihan yang dibuat<br>2. Mampu melatih client sesuai dengan kebutuhan<br>3. Mampu melatih client sesuai dengan kemampuan<br>4. Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1. Kurang sekali<br>2. Kurang<br>3. Cukup<br>4. Baik<br>5. Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Penugasan, praktik, project<br>2 X 50                     |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>          | 5%  |
| 10 | Mahasiswa mampu menerapkan program latihan yang dibuat secara personal | 1. Mampu melatih client sesuai dengan program latihan yang dibuat<br>2. Mampu melatih client sesuai dengan kebutuhan<br>3. Mampu melatih client sesuai dengan kemampuan<br>4. Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1. Kurang sekali<br>2. Kurang<br>3. Cukup<br>4. Baik<br>5. Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Penugasan, praktik, project<br>2 X 50                     |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>          | 5%  |
| 11 | Mahasiswa mampu menerapkan program latihan yang dibuat secara personal | 1. Mampu melatih client sesuai dengan program latihan yang dibuat<br>2. Mampu melatih client sesuai dengan kebutuhan<br>3. Mampu melatih client sesuai dengan kemampuan<br>4. Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1. Kurang sekali<br>2. Kurang<br>3. Cukup<br>4. Baik<br>5. Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk                                                | Penugasan, praktik, project<br>2 X 50                     |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>          | 5%  |
| 12 | Mahasiswa mampu menerapkan program latihan yang dibuat secara personal | 1. Mampu melatih client sesuai dengan program latihan yang dibuat<br>2. Mampu melatih client sesuai dengan kebutuhan<br>3. Mampu melatih client sesuai dengan kemampuan<br>4. Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1. Kurang sekali<br>2. Kurang<br>3. Cukup<br>4. Baik<br>5. Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk                                                | Penugasan, praktik, project<br>2 X 50                     |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>          | 5%  |

|    |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                     |                                                                                                                                                                      |                                       |  |                                                                                                                                                                          |     |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 13 | Mahasiswa mampu menerapkan program latihan yang dibuat secara personal                                                                                                                                                                 | 1.Mampu melatih client sesuai dengan program latihan yang dibuat<br>2.Mampu melatih client sesuai dengan kebutuhan<br>3.Mampu melatih client sesuai dengan kemampuan<br>4.Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1.Kurang sekali<br>2.Kurang<br>3.Cukup<br>4.Baik<br>5.Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk | Penugasan, praktik, project<br>2 X 50 |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>                      | 5%  |
| 14 | Mahasiswa mampu menerapkan program latihan yang dibuat secara personal                                                                                                                                                                 | 1.Mampu melatih client sesuai dengan program latihan yang dibuat<br>2.Mampu melatih client sesuai dengan kebutuhan<br>3.Mampu melatih client sesuai dengan kemampuan<br>4.Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1.Kurang sekali<br>2.Kurang<br>3.Cukup<br>4.Baik<br>5.Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk | Penugasan, praktik, project<br>2 X 50 |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>                      | 5%  |
| 15 | 1.Mahasiswa mampu menerapkan program latihan yang dibuat secara personal<br>2.Mahasiswa mampu membuat program latihan yang secara detil sesuai kemampuan client<br>3.Mahasiswa mampu mengakomodir kemampuan client dalam latihan fisik | 1.Mampu melatih client sesuai dengan program latihan yang dibuat<br>2.Mampu melatih client sesuai dengan kebutuhan<br>3.Mampu melatih client sesuai dengan kemampuan<br>4.Mampu melatih client sesuai dengan tujuan | <b>Kriteria:</b><br>1.Kurang sekali<br>2.Kurang<br>3.Cukup<br>4.Baik<br>5.Baik sekali<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk | Penugasan, praktik, project<br>2 X 50 |  | <b>Materi:</b> Teori Kebugaran Fisik, Peningkatan Kinerja Olahraga, Penerapan Teori dalam Latihan<br><b>Pustaka:</b><br><i>Handbook Perkuliahan</i>                      | 5%  |
| 16 | UAS                                                                                                                                                                                                                                    | Menjelaskan tentang program latihan                                                                                                                                                                                 | <b>Kriteria:</b><br>Nilai penuh apabila mampu memdeskripsikan jawaban dari soal<br><br><b>Bentuk Penilaian :</b><br>Penilaian Hasil Project / Penilaian Produk, Tes  | Tes<br>2 X 50                         |  | <b>Materi:</b> program latihan<br><b>Pustaka:</b><br><i>Bompa, T. O. 2015. Periodization Training for Sports, (3th edition). United State of America: Human Kinetic.</i> | 20% |

#### Rekap Persentase Evaluasi : Project Based Learning

| No | Evaluasi                                   | Persentase |
|----|--------------------------------------------|------------|
| 1. | Aktifitas Partisipatif                     | 20.01%     |
| 2. | Penilaian Hasil Project / Penilaian Produk | 38.34%     |
| 3. | Penilaian Portofolio                       | 2.5%       |
| 4. | Penilaian Praktikum                        | 3.34%      |
| 5. | Praktik / Unjuk Kerja                      | 15.85%     |
| 6. | Tes                                        | 20.01%     |
|    |                                            | 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. **Kriteria Penilaian** adalah patokan yang digunakan sebagai ukuran atau tolok ukur ketercapaian pembelajaran dalam penilaian berdasarkan indikator-indikator yang telah ditetapkan. Kriteria penilaian merupakan pedoman bagi penilai agar penilaian konsisten dan tidak bias. Kriteria dapat berupa kuantitatif ataupun kualitatif.
7. **Bentuk penilaian:** tes dan non-tes.
8. **Bentuk pembelajaran:** Kuliah, Responsi, Tutorial, Seminar atau yang setara, Praktikum, Praktik Studio, Praktik Bengkel, Praktik Lapangan, Penelitian, Pengabdian Kepada Masyarakat dan/atau bentuk pembelajaran lain yang setara.
9. **Metode Pembelajaran:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, dan metode lainnya yg setara.
10. **Materi Pembelajaran** adalah rincian atau uraian dari bahan kajian yg dapat disajikan dalam bentuk beberapa pokok dan sub-pokok bahasan.
11. **Bobot penilaian** adalah prosentasi penilaian terhadap setiap pencapaian sub-CPMK yang besarnya proposional dengan tingkat kesulitan pencapaian sub-CPMK tsb., dan totalnya 100%.
12. TM=Tatap Muka, PT=Penugasan terstruktur, BM=Belajar mandiri.

RPS ini telah divalidasi pada tanggal 16 Desember 2024

Koordinator Program Studi S1  
Ilmu Keolahragaan



HERI WAHYUDI  
NIDN 0015067904

UPM Program Studi S1 Ilmu  
Keolahragaan



NIDN 0009018104

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