



Universitas Negeri Surabaya  
Fakultas Ilmu Keolahragaan Dan Kesehatan  
Program Studi S1 Ilmu Keolahragaan

Kode  
Dokumen

RENCANA PEMBELAJARAN SEMESTER

|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|------------------------------|-----|-----------|---------------------------|-----------------|-----------|-------|-------|-------|--------|--------|----|--|--|--|--------|--|---|--|--|--------|---|---|---|---|--------|---|---|---|---|----|----|----|----|----|----|----|--------|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|---|---|---|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|---|--|--|--|---|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|---|---|---|
| MATA KULIAH (MK)                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | KODE                                                                                                                                                                                                                                                                                                                                               | Rumpun MK |       | BOBOT (sks)                  |     |           | SEMESTER                  | Tgl Penyusunan  |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Terapi Aquatik dan Spa                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 8920103317                                                                                                                                                                                                                                                                                                                                         |           |       | T=2                          | P=1 | ECTS=4.77 | 5                         | 6 Desember 2025 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| OTORISASI                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Pengembang RPS                                                                                                                                                                                                                                                                                                                                     |           |       | Koordinator RMK              |     |           | Koordinator Program Studi |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Muhammad Dzul Fikri, S.Or., M.Pd.                                                                                                                                                                                                                                                                                                                  |           |       | Dr. Joesoef Roepajadi, M.Pd. |     |           | HERI WAHYUDI              |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Model Pembelajaran                                               | Project Based Learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| 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-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-10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Mampu berfikir kritis, logis, inovatif dan sistematis guna mengembangkan dan mengoptimalisasi potensi dunia usaha dan industri di bidang ilmu keolahragaan. (PLO-10)                                                                                                                                                                               |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | Capaian Pembelajaran Mata Kuliah (CPMK)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | CPMK - 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Menerapkan dan mengaplikasikan teori terapi akuatik.                                                                                                                                                                                                                                                                                               |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | CPMK - 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Menguasai konsep-konsep dasar terapi akuatik                                                                                                                                                                                                                                                                                                       |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | CPMK - 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Mengambil keputusan strategis berdasarkan data dan informasi yang telah dilakukan, baik secara praktek maupun teori dalam terapi akuatik                                                                                                                                                                                                           |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | CPMK - 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Bertanggung jawab pada tugas penyusunan laporan hasil praktek, melakukan simulasi terapi akuatik                                                                                                                                                                                                                                                   |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | Matrik CPL - CPMK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <table><tr><td>CPMK</td><td>CPL-2</td><td>CPL-5</td><td>CPL-7</td><td>CPL-10</td></tr><tr><td>CPMK-1</td><td>✓</td><td></td><td></td><td></td></tr><tr><td>CPMK-2</td><td></td><td>✓</td><td></td><td></td></tr><tr><td>CPMK-3</td><td></td><td></td><td>✓</td><td></td></tr><tr><td>CPMK-4</td><td></td><td></td><td></td><td>✓</td></tr></table> |           |       |                              |     |           |                           |                 | CPMK      | CPL-2 | CPL-5 | CPL-7 | CPL-10 | CPMK-1 | ✓  |  |  |  | CPMK-2 |  | ✓ |  |  | CPMK-3 |   |   | ✓ |   | CPMK-4 |   |   |   | ✓ |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | CPMK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | CPL-2                                                                                                                                                                                                                                                                                                                                              | CPL-5     | CPL-7 | CPL-10                       |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | CPMK-1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ✓                                                                                                                                                                                                                                                                                                                                                  |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-2                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | ✓                                                                                                                                                                                                                                                                                                                                                  |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-3                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    | ✓         |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-4                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    |           | ✓     |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | <table><tr><td rowspan="2">CPMK</td><td colspan="16">Minggu Ke</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>CPMK-1</td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-2</td><td></td><td></td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-3</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>✓</td><td></td><td></td><td></td><td>✓</td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>✓</td><td>✓</td><td>✓</td></tr></table> |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           | CPMK            | Minggu Ke |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        | 1 | 2 | 3 | 4 | 5      | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | CPMK-1 | ✓ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | CPMK-2 |  |  | ✓ | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |  | CPMK-3 |  |  |  |  |  |  |  | ✓ |  |  |  | ✓ |  |  |  |  | CPMK-4 |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ | ✓ |
| CPMK                                                             | Minggu Ke                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
|                                                                  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 2                                                                                                                                                                                                                                                                                                                                                  | 3         | 4     | 5                            | 6   | 7         | 8                         | 9               | 10        | 11    | 12    | 13    | 14     | 15     | 16 |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-1                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-2                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    | ✓         | ✓     | ✓                            |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-3                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           | ✓                         |                 |           |       | ✓     |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| CPMK-4                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       | ✓      | ✓      | ✓  |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Deskripsi Singkat MK                                             | Mata kuliah ini membekali mahasiswa tentang keterampilan menguasai, menerapkan dan mengaplikasikan serta dapat membuat program pelatihan dibidang terapi akuatik. Adapun materi yang disajikan dalam perkuliahan ini antara lain: Pengantar terapi akuatik; sarana dan prasarana, terapi akuatik ekstremitas atas, terapi akuatik ekstremitas bawah, terapi akuatik core, dan latihan penguatan serta latihan fleksibilitas di dalam air.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Pustaka                                                          | Utama :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                    |           |       |                              |     |           |                           |                 |           |       |       |       |        |        |    |  |  |  |        |  |   |  |  |        |   |   |   |   |        |   |   |   |   |    |    |    |    |    |    |    |        |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |   |   |   |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |   |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |   |   |

| <ol style="list-style-type: none"> <li>1. Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</li> <li>2. Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä</li> <li>3. Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</li> </ol> |                                                 |                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                  |                                                                                  |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <div>Pendukung :</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                 |                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                  |                                                                                  |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     |
| <b>Dosen Pengampu</b> Dr. Joesoef Roepajadi, M.Pd.<br>Muhammad Dzul Fikri, S.Or., M.Pd.<br>Nur Luthfiatus Solikah, S.Pd., M.Or.                                                                                                                                                                                                                                                                                                                                                        |                                                 |                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                  |                                                                                  |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     |
| 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Memahami kontrak perkuliahan                    | 1. Mahasiswa mampu memahami kontrak perkuliahan dan mengumpulkan materi pendukung perkuliahan yang diperlukan<br>2. Memiliki sikap cerdas, jujur dalam mengartikan dan menjelaskan teori pengantar terapi akuatik<br>3. Menerapkan teori pengantar terapi akuatik<br>4. Memecahkan masalah tentang pengantar terapi akuatik | <b>Kriteria:</b><br>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipatif | Ceramah, Kuis dan diskusi interaktif<br>2 X 50                                   |                 | <b>Materi:</b> Peran & pentingnya terapi akuatik<br><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä<br><br><b>Materi:</b> Sejarah<br><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA | 5%                  |

|   |                                                                            |                                                                                                                                                                                                                                                                                             |                                                                                                                                                           |                               |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |
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| 2 | Memahami dan menguasai Konsep –konsep dasar renang pertolongan (lifeguard) | <p>1. Memiliki sikap cerdas dan jujur terkait sarana dan prasarana terapi akuatik</p> <p>2. Memiliki sikap cerdas dan peduli terkait analisis sarana dan prasarana terapi akuatik</p> <p>3. Memiliki sikap bertanggung jawab dalam mengidentifikasi sarana dan prasarana terapi akuatik</p> | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipasif</p> | Ceramah,<br>Diskusi<br>2 X 50 |  | <p><b>Materi:</b><br/>Mengetahui dan memahami sarana dan prasarana terapi akuatik dan spa</p> <p><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Materi:</b><br/>Mengetahui dan memahami sarana dan prasarana terapi akuatik dan spa</p> <p><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> | 0% |
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| 3 | Menguasai ketrampilan dalam rehabilitasi ekstremitas atas dalam terapi akuatik | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam memahami rehabilitasi ekstremitas atas dalam terapi akuatik</p> <p>2.2. Terampil mempraktekkan rehabilitasi ekstremitas atas dalam terapi akuatik</p> | <p><b>Kriteria:</b><br/>Melakukan gerakan dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipasif</p> | Drill, diskusi, demonstrasi, Ceramah, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b><br/>Ekstremitas atas</p> <p><b>Pustaka:</b> 1.<br/><i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <p><b>Materi:</b><br/>Rehabilitasi ekstremitas atas</p> <p><b>Pustaka:</b> 2.<br/><i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> | 5% |
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| 4 | Menguasai ketrampilan dalam rehabilitasi ekstremitas atas dalam terapi akuatik | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam memahami rehabilitasi ekstremitas atas dalam terapi akuatik</p> <p>2.2. Terampil mempraktekkan rehabilitasi ekstremitas atas dalam terapi akuatik</p> | <p><b>Kriteria:</b><br/>Melakukan gerakan dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipasif</p> | Drill, diskusi, demonstrasi, Ceramah, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b><br/>Ekstremitas atas</p> <p><b>Pustaka:</b> 1.<br/><i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Materi:</b><br/>Rehabilitasi ekstremitas atas</p> <p><b>Pustaka:</b> 2.<br/><i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> | 5% |
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| 5 | Menguasai ketrampilan dalam rehabilitasi ekstremitas atas dalam terapi akuatik | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam memahami rehabilitasi ekstremitas atas dalam terapi akuatik</p> <p>2.2. Terampil mempraktekkan rehabilitasi ekstremitas atas dalam terapi akuatik</p> | <p><b>Kriteria:</b><br/>Melakukan gerakan dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Aktifitas Partisipatif, Praktik / Unjuk Kerja</p>             | Drill, diskusi, demonstrasi, Ceramah, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b><br/>Ekstremitas atas</p> <p><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Materi:</b><br/>Rehabilitasi ekstremitas atas</p> <p><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> | 5% |
| 6 | Menguasai ketrampilan dalam latihan fleksibilitas ekstremitas atas             | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam latihan fleksibilitas ekstremitas atas</p> <p>2.2. Terampil menganalisis dalam latihan fleksibilitas ekstremitas atas</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> | Drill, diskusi, demonstrasi, Praktek, problem solving<br>2 X 50          |  | <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan fleksibilitas ekstremitas atas</p> <p><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p>                                                                                                                                                                                                                             | 5% |

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| 7 | Menguasai ketrampilan dalam latihan penguatan ekstremitas atas | 1.1. Menunjukkan sikap tangguh dan jujur dalam latihan penguatan ekstremitas atas<br>2.2. Terampil menganalisis dalam latihan penguatan ekstremitas atas | <b>Kriteria:</b><br>Nilai penuh diperoleh apabila mengerjakan semua soal dengan benar<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipatif | Drill, diskusi, demonstrasi, Praktek, problem solving<br>2 X 50 |  | <b>Materi:</b><br>Menguasai ketrampilan dalam latihan penguatan ekstremitas atas<br><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA                                                                                                                                                                         | 5%  |
| 8 | UJIAN TENGAH SEMESTER                                          | UTS                                                                                                                                                      | <b>Kriteria:</b><br>15<br><br><b>Bentuk Penilaian :</b><br>Praktik / Unjuk Kerja                                                                 | UTS<br>2 X 50                                                   |  | <b>Materi:</b> UTS<br><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA<br><br><b>Materi:</b> UTS<br><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä | 20% |

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| 9 | Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam memahami rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p>2.2. Terampil mempraktekkan rehabilitasi ekstremitas bawah dalam terapi akuatik</p> | <p><b>Kriteria:</b> melakukan gerakan dengan baik dan benar</p> <p><b>Bentuk Penilaian :</b> Aktifitas Partisipasif, Praktik / Unjuk Kerja</p> | Drill, diskusi, demonstrasi, Ceramah, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 1. <i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 2. <i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 3. <i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p> | 5% |
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| 10 | Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam memahami rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p>2.2. Terampil mempraktekkan rehabilitasi ekstremitas bawah dalam terapi akuatik</p> | <p><b>Kriteria:</b> melakukan gerakan dengan baik dan benar</p> <p><b>Bentuk Penilaian :</b> Aktifitas Partisipasif, Praktik / Unjuk Kerja</p> | Drill, diskusi, demonstrasi, Ceramah, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <hr/> <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 3. Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i></p> | 5% |
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| 11 | Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam memahami rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p>2.2. Terampil mempraktekkan rehabilitasi ekstremitas bawah dalam terapi akuatik</p> | <p><b>Kriteria:</b> melakukan gerakan dengan baik dan benar</p> <p><b>Bentuk Penilaian :</b> Aktifitas Partisipasif, Praktik / Unjuk Kerja</p> | Drill, diskusi, demonstrasi, Ceramah, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <hr/> <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <hr/> <p><b>Materi:</b> Menguasai ketrampilan dalam rehabilitasi ekstremitas bawah dalam terapi akuatik</p> <p><b>Pustaka:</b> 3. Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i></p> | 5% |
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| 12 | Menguasai ketrampilan dalam latihan fleksibilitas ekstremitas bawah | 1. Menunjukkan sikap tangguh dan jujur dalam latihan fleksibilitas ekstremitas bawah | <b>Kriteria:</b><br>melakukan gerakan dengan baik dan benar<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Praktik / Unjuk Kerja | Drill, diskusi, demonstrasi, Praktek, problem solving<br>2 X 50 |  | <b>Materi:</b><br>Menguasai ketrampilan dalam latihan fleksibilitas ekstremitas bawah<br><b>Pustaka:</b> 1.<br>Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA<br><hr/> <b>Materi:</b><br>Menguasai ketrampilan dalam latihan fleksibilitas ekstremitas bawah<br><b>Pustaka:</b> 2.<br>Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä<br><hr/> <b>Materi:</b><br>Menguasai ketrampilan dalam latihan fleksibilitas ekstremitas bawah<br><b>Pustaka:</b> 3.<br>Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i> | 5% |
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| 13 | Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam latihan penguatan ekstremitas bawah</p> <p>2.2. Terampil menganalisis dalam latihan penguatan ekstremitas bawah</p> | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila menguasai teknik renang pertolongan (lifeguard) dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Praktik / Unjuk Kerja</p> | Drill, diskusi, demonstrasi, Praktek, problem solving 2 X 50 |  | <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka: 1.</b><br/><i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka: 2.</b><br/><i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka: 3.</b><br/><i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p> | 5% |
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| 14 | Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam latihan penguatan ekstremitas bawah</p> <p>2.2. Terampil menganalisis dalam latihan penguatan ekstremitas bawah</p> | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila menguasai teknik renang pertolongan (lifeguard) dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Praktik / Unjuk Kerja</p> | Drill, diskusi, demonstrasi, Praktek, problem solving 2 X 50 |  | <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka: 1.</b><br/><i>Wilk, Kevin E and Joyner, David. 2013. The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning. SLACK Incorporated. USA</i></p> <hr/> <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka: 2.</b><br/><i>Waller, Benjamin. 2016. The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee. University Library of Jyväskylä. University of Jyväskylä</i></p> <hr/> <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka: 3.</b><br/><i>Swimex. 2015. Aquatic Therapy Protocols with Swimex Pools.</i></p> | 5% |
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| 15 | Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah | <p>1.1. Menunjukkan sikap tangguh dan jujur dalam latihan penguatan ekstremitas bawah</p> <p>2.2. Terampil menganalisis dalam latihan penguatan ekstremitas bawah</p> | <p><b>Kriteria:</b><br/>Nilai penuh diperoleh apabila menguasai teknik renang pertolongan (lifeguard) dengan benar</p> <p><b>Bentuk Penilaian :</b><br/>Praktik / Unjuk Kerja</p> | Drill, diskusi, demonstrasi, Praktek, problem solving<br>2 X 50 |  | <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka:</b> 1. Wilk, Kevin E and Joyner, David. 2013. <i>The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning.</i> SLACK Incorporated. USA</p> <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka:</b> 2. Waller, Benjamin. 2016. <i>The Effect of Aquatic Exercise on Symptoms, Function, Body Composition and Cartilage in Knee.</i> University Library of Jyväskylä. University of Jyväskylä</p> <p><b>Materi:</b><br/>Menguasai ketrampilan dalam latihan penguatan ekstremitas bawah</p> <p><b>Pustaka:</b> 3. Swimex. 2015. <i>Aquatic Therapy Protocols with Swimex Pools.</i></p> | 5%  |
| 16 | UJIAN AKHIR SEMESTER                                            |                                                                                                                                                                       | <p><b>Bentuk Penilaian :</b><br/>Tes</p>                                                                                                                                          | UAS<br>2 X 50                                                   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 15% |

#### Rekap Persentase Evaluasi : Project Based Learning

| No | Evaluasi               | Persentase |
|----|------------------------|------------|
| 1. | Aktifitas Partisipasif | 37.5%      |
| 2. | Praktik / Unjuk Kerja  | 47.5%      |
| 3. | Tes                    | 15%        |
|    |                        | 100%       |

**Catatan**

1. **Capaian Pembelajaran Lulusan Prodi (CPL - Prodi)** adalah kemampuan yang dimiliki oleh setiap lulusan prodi yang merupakan internalisasi dari sikap, penguasaan pengetahuan dan ketrampilan sesuai dengan jenjang prodinya yang diperoleh melalui proses pembelajaran.
2. **CPL yang dibebankan pada mata kuliah** adalah beberapa capaian pembelajaran lulusan program studi (CPL-Prodi) yang digunakan untuk pembentukan/pengembangan sebuah mata kuliah yang terdiri dari aspek sikap, ketrampilan umum, ketrampilan khusus dan pengetahuan.
3. **CP Mata kuliah (CPMK)** adalah kemampuan yang dijabarkan secara spesifik dari CPL yang dibebankan pada mata kuliah, dan bersifat spesifik terhadap bahan kajian atau materi pembelajaran mata kuliah tersebut.
4. **Sub-CPMK Mata kuliah (Sub-CPMK)** adalah kemampuan yang dijabarkan secara spesifik dari CPMK yang dapat diukur atau diamati dan merupakan kemampuan akhir yang direncanakan pada tiap tahap pembelajaran, dan bersifat spesifik terhadap materi pembelajaran mata kuliah tersebut.
5. **Indikator penilaian** kemampuan dalam proses maupun hasil belajar mahasiswa adalah pernyataan spesifik dan terukur yang mengidentifikasi kemampuan atau kinerja hasil belajar mahasiswa yang disertai bukti-bukti.
6. **Kreteria Penilaian** adalah patokan yang digunakan sebagai ukuran atau tolok ukur ketercapaian pembelajaran dalam penilaian berdasarkan indikator-indikator yang telah ditetapkan. Kreteria penilaian merupakan pedoman bagi penilai agar penilaian konsisten dan tidak bias. Kreteria dapat berupa kuantitatif ataupun kualitatif.
7. **Bentuk penilaian:** tes dan non-tes.
8. **Bentuk pembelajaran:** Kuliah, Responsi, Tutorial, Seminar atau yang setara, Praktikum, Praktik Studio, Praktik Bengkel, Praktik Lapangan, Penelitian, Pengabdian Kepada Masyarakat dan/atau bentuk pembelajaran lain yang setara.
9. **Metode Pembelajaran:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, dan metode lainnya yg setara.
10. **Materi Pembelajaran** adalah rincian atau uraian dari bahan kajian yg dapat disajikan dalam bentuk beberapa pokok dan sub-pokok bahasan.
11. **Bobot penilaian** adalah prosentasi penilaian terhadap setiap pencapaian sub-CPMK yang besarnya proposional dengan tingkat kesulitan pencapaian sub-CPMK tsb., dan totalnya 100%.
12. TM=Titik Muka, PT=Penugasan terstruktur, BM=Belajar mandiri.

RPS ini telah divalidasi pada tanggal 4 Januari 2025

Koordinator Program Studi S1  
Ilmu Keolahragaan



HERI WAHYUDI  
NIDN 0015067904

UPM Program Studi S1 Ilmu  
Keolahragaan



NIDN 0009018104

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