

|  | <b>Universitas Negeri Surabaya</b><br><b>Fakultas Ilmu Keolahragaan Dan Kesehatan</b><br><b>Program Studi S1 Pendidikan Kepelatihan Olahraga</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           | Kode Dokumen    |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|-----------|---------------------------|-----------------|------|-------|-------|-------|-------|--------|----|----|----|------|-----------|---|--|--|--|--------|--|--|---|--|--------|--|--|--|---|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|--------|---|---|--|--|---|--|--|--|---|--|--|--|---|--|--|--|--------|--|--|--|--|--|---|--|--|--|---|--|--|--|---|--|--|--------|--|--|---|--|--|--|---|--|--|--|---|--|--|--|---|--|--------|--|--|--|---|--|--|--|---|--|--|--|---|--|--|--|---|
|                                                                                   | <b>RENCANA PEMBELAJARAN SEMESTER</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| MATA KULIAH (MK)                                                                  | KODE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Rumpun MK                                                                                                                                                                                                                                                                                                                                                                                        | BOBOT (sks)     |       |           | SEMESTER                  | Tgl Penyusunan  |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| Pencegahan dan Perawatan Cedera Or.                                               | 8520202140                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Mata Kuliah Wajib Program Studi                                                                                                                                                                                                                                                                                                                                                                  | T=2             | P=0   | ECTS=3.18 | 3                         | 5 Desember 2024 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| OTORISASI                                                                         | Pengembang RPS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                  | Koordinator RMK |       |           | Koordinator Program Studi |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           | MUHAMMAD                  |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| Model Pembelajaran                                                                | Case Study                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| Capaian Pembelajaran (CP)                                                         | CPL-PRODI yang dibebankan pada MK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPL-1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Mampu menunjukkan nilai-nilai agama, kebangsaan dan budaya nasional, serta etika akademik dalam melaksanakan tugasnya                                                                                                                                                                                                                                                                            |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPL-2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Menunjukkan karakter tangguh, kolaboratif, adaptif, inovatif, inklusif, belajar sepanjang hayat, dan berjiwa kewirausahaan                                                                                                                                                                                                                                                                       |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPL-5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Mampu merancang program latihan yang efektif dan inovatif berdasarkan prinsip-prinsip keilmuan dan penelitian terbaru di berbagai cabang olahraga.                                                                                                                                                                                                                                               |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPL-8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Mampu merancang dan melaksanakan penelitian yang berkualitas tinggi dalam bidang keolahragaan, serta mempublikasikan hasil penelitian di jurnal ilmiah bereputasi.                                                                                                                                                                                                                               |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | Capaian Pembelajaran Mata Kuliah (CPMK)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK - 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Menganalisis dan mengevaluasi                                                                                                                                                                                                                                                                                                                                                                    |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK - 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | CPL-1 Mampu menunjukkan nilai-nilai agama, kebangsaan dan budaya nasional, serta etika akademik dalam melaksanakan tugasnya                                                                                                                                                                                                                                                                      |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK - 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | CPL-2 Menunjukkan karakter tangguh, kolaboratif, adaptif, inovatif, inklusif, belajar sepanjang hayat, dan berjiwa kewirausahaan                                                                                                                                                                                                                                                                 |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK - 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | CPL-5 Mampu merancang program latihan yang efektif dan inovatif berdasarkan prinsip-prinsip keilmuan dan penelitian terbaru di berbagai cabang olahraga.                                                                                                                                                                                                                                         |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | Matrik CPL - CPMK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <table border="1"> <tr> <th>CPMK</th> <th>CPL-1</th> <th>CPL-2</th> <th>CPL-5</th> <th>CPL-8</th> </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-1 | CPL-2 | CPL-5 | CPL-8 | CPMK-1 |    | ✓  |    |      | CPMK-2    | ✓ |  |  |  | CPMK-3 |  |  | ✓ |  | CPMK-4 |  |  |  | ✓ |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | CPL-1                                                                                                                                                                                                                                                                                                                                                                                            | CPL-2           | CPL-5 | CPL-8     |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK-1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                  | ✓               |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK-2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ✓                                                                                                                                                                                                                                                                                                                                                                                                |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | CPMK-3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                  |                 | ✓     |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| CPMK-4                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                  |                 | ✓     |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
| Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                  |                 |       |           |                           |                 |      |       |       |       |       |        |    |    |    |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |
|                                                                                   | <table border="1"> <tr> <th rowspan="2">CPMK</th> <th colspan="16">Minggu Ke</th> </tr> <tr> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> <th>11</th> <th>12</th> <th>13</th> <th>14</th> <th>15</th> <th>16</th> </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                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                  |                 | ✓     |           |                           |                 | ✓    |       |       |       | ✓     |        |    |    | ✓  |      |           |   |  |  |  |        |  |  |   |  |        |  |  |  |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |        |   |   |  |  |   |  |  |  |   |  |  |  |   |  |  |  |        |  |  |  |  |  |   |  |  |  |   |  |  |  |   |  |  |        |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |  |        |  |  |  |   |  |  |  |   |  |  |  |   |  |  |  |   |

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|----------------------|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Deskripsi Singkat MK |                                                 | Mata kuliah Pencegahan Dan Perawatan Cedera Or. merupakan matakuliah wajib pada jenjang S1 Program Studi Pendidikan Kepeleatihan Olahraga yang membahas konsep, prinsip, dan teknik dalam mencegah serta menangani cedera yang umum terjadi dalam aktivitas olahraga. Isi mata kuliah mencakup anatomi dan fisiologi dasar terkait cedera, mekanisme cedera olahraga, faktor risiko, teknik pencegahan melalui program latihan yang aman, pemanasan dan pendinginan yang tepat, serta penggunaan alat pelindung. Selain itu, dibahas juga penatalaksanaan awal cedera akut (seperti pertolongan pertama pada cedera otot, sendi, dan tulang), prinsip perawatan (termasuk metode RICE, rehabilitasi, dan pemulihan fungsional), serta pengenalan terhadap cedera overuse. Tujuan mata kuliah ini adalah agar mahasiswa mampu mengidentifikasi risiko cedera, merancang program pencegahan, memberikan penanganan dasar pada cedera olahraga, dan merujuk kasus yang memerlukan penanganan medis lebih lanjut. Ruang lingkup mata kuliah berfokus pada konteks kepelatihan olahraga, sehingga aplikasinya diarahkan untuk melindungi kesehatan dan keselamatan atlet serta peserta latihan. |                                                                                                                                                                                                                     |                                                                                  |                     |                                                                                                                                                                     |                     |
| Pustaka              |                                                 | Utama :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                     |                                                                                  |                     |                                                                                                                                                                     |                     |
|                      |                                                 | 1. Cawley, P. (2001). The Evaluation of Physical Education Teaching. London: Routledge.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                     |                                                                                  |                     |                                                                                                                                                                     |                     |
|                      |                                                 | Pendukung :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                     |                                                                                  |                     |                                                                                                                                                                     |                     |
|                      |                                                 | 1. Cawley, P. (2001). The Evaluation of Physical Education Teaching. London: Routledge.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                     |                                                                                  |                     |                                                                                                                                                                     |                     |
| Dosen Pengampu       |                                                 | Dra. Ika Jayadi, M.Kes.<br>Dr. Rini Ismalasari, S.Pd., M.Kes.<br>Raymond Ivano Avandi, S.Pd., M.Kes.<br>Dr. Or. Muhammad, S.Pd., M.Pd.<br>Dr. Aghus Sifaq, S.Or., M.Pd.<br>Billy Emir Rizkanto, S.Or., M.Or<br>Shery Iris Zalillah, S.Pd..M.Kes.<br>Afif Dwi Nugraha, M.Pd.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                     |                                                                                  |                     |                                                                                                                                                                     |                     |
| Mg Ke-               | Kemampuan akhir tiap tahapan belajar (Sub-CPMK) | Penilaian                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                     | Bantuk Pembelajaran, Metode Pembelajaran, Penugasan Mahasiswa, [ Estimasi Waktu] |                     | Materi Pembelajaran [ Pustaka ]                                                                                                                                     | Bobot Penilaian (%) |
|                      |                                                 | Indikator                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Kriteria & Bentuk                                                                                                                                                                                                   | Luring (offline)                                                                 | Daring (online)     |                                                                                                                                                                     |                     |
| (1)                  | (2)                                             | (3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | (4)                                                                                                                                                                                                                 | (5)                                                                              | (6)                 | (7)                                                                                                                                                                 | (8)                 |
| 1                    | mahasiswa mampu menjelaskan materi              | mahasiswa mampu menjelaskan materi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dan praktek                                                              | ceramah dan praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). The Evaluation of Physical Education Teaching. London: Routledge. | 10%                 |
| 2                    | mahasiswa mampu menjelaskan materi              | mahasiswa mampu menjelaskan materi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek                                                              | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). The Evaluation of Physical Education Teaching. London: Routledge. | 5%                  |
| 3                    | mahasiswa mampu menjelaskan materi              | mahasiswa mampu menjelaskan materi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek                                                              | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). The Evaluation of Physical Education Teaching. London: Routledge. | 5%                  |

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| 4 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5%  |
| 5 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5%  |
| 6 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5%  |
| 7 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5%  |
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| 9  | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5% |
| 10 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5% |
| 11 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5% |
| 12 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5% |
| 13 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 7% |

|    |                                    |                                    |                                                                                                                                                                                                                     |                     |                     |                                                                                                                                                                             |     |
|----|------------------------------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 14 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 10% |
| 15 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 8%  |
| 16 | mahasiswa mampu menjelaskan materi | mahasiswa mampu menjelaskan materi | <b>Kriteria:</b><br>tugas dan praktek<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Penilaian Praktikum, Praktik / Unjuk Kerja, Tes | ceramah dna praktek | ceramah dna praktek | <b>Materi:</b><br>Mahasiswa memahami tujuan pembelajaran<br><b>Pustaka:</b><br>Cawley, P. (2001). <i>The Evaluation of Physical Education Teaching</i> . London: Routledge. | 5%  |

#### Rekap Persentase Evaluasi : Case Study

| No | Evaluasi                                   | Persentase |
|----|--------------------------------------------|------------|
| 1. | Aktifitas Partisipasif                     | 16.64%     |
| 2. | Penilaian Hasil Project / Penilaian Produk | 16.64%     |
| 3. | Penilaian Portofolio                       | 16.64%     |
| 4. | Penilaian Praktikum                        | 16.64%     |
| 5. | Praktik / Unjuk Kerja                      | 16.64%     |
| 6. | Tes                                        | 16.64%     |
|    |                                            | 99.84%     |

#### Catatan

1. **Capaian Pembelajaran Lulusan Prodi (CPL - Prodi)** adalah kemampuan yang dimiliki oleh setiap lulusan prodi yang merupakan internalisasi dari sikap, penguasaan pengetahuan dan ketrampilan sesuai dengan jenjang prodinya yang diperoleh melalui proses pembelajaran.
2. **CPL yang dibebankan pada mata kuliah** adalah beberapa capaian pembelajaran lulusan program studi (CPL-Prodi) yang digunakan untuk pembentukan/pengembangan sebuah mata kuliah yang terdiri dari aspek sikap, ketrampilan umum, ketrampilan khusus dan pengetahuan.
3. **CP Mata kuliah (CPMK)** adalah kemampuan yang dijabarkan secara spesifik dari CPL yang dibebankan pada mata kuliah, dan bersifat spesifik terhadap bahan kajian atau materi pembelajaran mata kuliah tersebut.
4. **Sub-CPMK Mata kuliah (Sub-CPMK)** adalah kemampuan yang dijabarkan secara spesifik dari CPMK yang dapat diukur atau diamati dan merupakan kemampuan akhir yang direncanakan pada tiap tahap pembelajaran, dan bersifat spesifik terhadap materi pembelajaran mata kuliah tersebut.
5. **Indikator penilaian** kemampuan dalam proses maupun hasil belajar mahasiswa adalah pernyataan spesifik dan terukur yang mengidentifikasi kemampuan atau kinerja hasil belajar mahasiswa yang disertai bukti-bukti.

6. **Kriteria Penilaian** adalah patokan yang digunakan sebagai ukuran atau tolok ukur ketercapaian pembelajaran dalam penilaian berdasarkan indikator-indikator yang telah ditetapkan. Kriteria penilaian merupakan pedoman bagi penilai agar penilaian konsisten dan tidak bias. Kriteria dapat berupa kuantitatif ataupun kualitatif.
7. **Bentuk penilaian:** tes dan non-tes.
8. **Bentuk pembelajaran:** Kuliah, Responsi, Tutorial, Seminar atau yang setara, Praktikum, Praktik Studio, Praktik Bengkel, Praktik Lapangan, Penelitian, Pengabdian Kepada Masyarakat dan/atau bentuk pembelajaran lain yang setara.
9. **Metode Pembelajaran:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, dan metode lainnya yg setara.
10. **Materi Pembelajaran** adalah rincian atau uraian dari bahan kajian yg dapat disajikan dalam bentuk beberapa pokok dan sub-pokok bahasan.
11. **Bobot penilaian** adalah prosentasi penilaian terhadap setiap pencapaian sub-CPMK yang besarnya proposional dengan tingkat kesulitan pencapaian sub-CPMK tsb., dan totalnya 100%.
12. TM=Tatap Muka, PT=Penugasan terstruktur, BM=Belajar mandiri.

RPS ini telah divalidasi pada tanggal 2 Januari 2025

Koordinator Program Studi  
S1 Pendidikan Keperawatan  
Olahraga



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UPM Program Studi S1  
Pendidikan Keperawatan  
Olahraga



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