



Universitas Negeri Surabaya
Fakultas Kedokteran
Program Studi S1 Fisioterapi

Kode
Dokumen

RENCANA PEMBELAJARAN SEMESTER

MATA KULIAH (MK)	KODE	Rumpun MK	BOBOT (sks)			SEMESTER	Tgl Penyusunan
ANTI DOPING PRACTICE	1120202066	Mata Kuliah Pilihan Program Studi	T=1	P=1	ECTS=3.18	7	26 Februari 2026
OTORISASI	Pengembang RPS		Koordinator RMK			Koordinator Program Studi	
	NUR LUTHFIATUS SOLIKAH		FIRDAUSI KAHFI MAULANA			FIRDAUSI KAHFI MAULANA	

Model Pembelajaran	Project Based Learning																										
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-3	Mengembangkan pemikiran logis, kritis, sistematis, dan kreatif dalam melakukan pekerjaan yang spesifik di bidang keahliannya serta sesuai dengan standar kompetensi kerja bidang yang bersangkutan																									
	CPL-5	Menguasai konsep teoritis dalam IPTEKS dan psikososial yang spesifik di bidang keahliannya sesuai standar kompetensi																									
	Capaian Pembelajaran Mata Kuliah (CPMK)																										
	CPMK - 1	Menjelaskan konsep, prinsip, dan regulasi anti-doping berdasarkan World Anti-Doping Code dan International Standards dalam konteks praktik fisioterapi olahraga																									
	CPMK - 2	Menganalisis peran dan tanggung jawab fisioterapis sebagai Athlete Support Personnel (ASP) dalam pencegahan doping dan promosi sport integrity																									
	CPMK - 3	Mengidentifikasi zat dan metode terlarang, mekanisme kerja, efek samping, serta implikasi klinis dalam rehabilitasi olahraga																									
	CPMK - 4	Merancang program edukasi anti-doping berbasis evidence untuk atlet dan tenaga pendukung olahraga																									
	CPMK - 5	Menunjukkan sikap profesional, etis, dan legal compliance dalam praktik fisioterapi olahraga terkait anti-doping																									
	Matrik CPL - CPMK																										
		<table><tr><td>CPMK</td><td>CPL-1</td><td>CPL-3</td><td>CPL-5</td></tr><tr><td>CPMK-1</td><td></td><td>✓</td><td></td></tr><tr><td>CPMK-2</td><td></td><td>✓</td><td></td></tr><tr><td>CPMK-3</td><td></td><td>✓</td><td></td></tr><tr><td>CPMK-4</td><td></td><td></td><td>✓</td></tr><tr><td>CPMK-5</td><td>✓</td><td></td><td></td></tr></table>			CPMK	CPL-1	CPL-3	CPL-5	CPMK-1		✓		CPMK-2		✓		CPMK-3		✓		CPMK-4			✓	CPMK-5	✓	
CPMK	CPL-1	CPL-3	CPL-5																								
CPMK-1		✓																									
CPMK-2		✓																									
CPMK-3		✓																									
CPMK-4			✓																								
CPMK-5	✓																										
Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)																											

				<table><tr><td rowspan="2">CPMK</td><td colspan="16">Minggu Ke</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>CPMK-1</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><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><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><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><td></td></tr><tr><td>CPMK-5</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><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-5												✓	✓	✓			
				CPMK	Minggu Ke																																																																																																																																									
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																																																																																																										
				CPMK-1	✓	✓						✓									✓																																																																																																																									
				CPMK-2			✓								✓																																																																																																																															
				CPMK-3				✓	✓	✓	✓																																																																																																																																			
				CPMK-4									✓	✓						✓																																																																																																																										
CPMK-5												✓	✓	✓																																																																																																																																
Deskripsi Singkat MK		Mata kuliah Anti-Doping Practice (P) membekali mahasiswa fisioterapi dengan pemahaman dan keterampilan praktis terkait regulasi, edukasi, dan implementasi program anti-doping berdasarkan World Anti-Doping Code. Mahasiswa mempelajari zat dan metode terlarang, prosedur doping control, Therapeutic Use Exemption (TUE), serta peran fisioterapis sebagai Athlete Support Personnel dalam pencegahan pelanggaran doping dan promosi sport integrity secara etis dan profesional.																																																																																																																																												
Pustaka		Utama :		1. World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA 2. World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA 3. World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE) 4. World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI) 5. Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health 6. Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology																																																																																																																																										
		Pendukung :																																																																																																																																												
Dosen Pengampu																																																																																																																																														
Mg Ke-	Kemampuan akhir tiap tahapan belajar (Sub-CPMK)	Penilaian				Bantuk Pembelajaran, Metode Pembelajaran, Penugasan Mahasiswa, [Estimasi Waktu]				Materi Pembelajaran [Pustaka]				Bobot Penilaian (%)																																																																																																																																
		Indikator		Kriteria & Bentuk		Luring (offline)		Daring (online)																																																																																																																																						
(1)	(2)	(3)		(4)		(5)		(6)		(7)				(8)																																																																																																																																

1	Mahasiswa mampu memahami dan menjelaskan anti doping dan sport integrity	1.Menjelaskan definisi doping dan anti doping 2.Menjelaskan sejarah pembentukan WADA 3.Menjelaskan konsep sport integrity dan fair play	Kriteria: Rubrik Penilaian Bentuk Penilaian : Tes	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i>	2%
2	Mahasiswa mampu memahami dan menjelaskan world anti doping code dan international standart	1.Menjelaskan struktur world anti doping code 2.Menjelaskan komponen international standart (Testing, TUE, Education, Result management) 3.Menjelaskan implikasi regulasi bagi fisioterapis	Kriteria: Rubrik Penilaian Bentuk Penilaian : Aktifitas Partisipasif, Tes	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka:	2%

						<i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i>	
3	Mahasiswa mampu memahami dan menjelaskan peran fisioterapis sebagai Athlete Support Personnel (ASP)	1.Menjelaskan ASP menurut WADA 2.Menjelaskan risiko pelanggaran oleh tenaga kesehatan 3.Menjelaskan	Kriteria: Rubrik Penilaian Bentuk Penilaian : Aktifitas Partisipasif, Tes	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA).</i>	2%

		prinsip strict liability dalam olahraga				(2021). <i>World Anti-Doping Code 2021</i>. Montreal: WADA Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA).</i> (2024). <i>The 2024 Prohibited List</i>. Montreal: WADA Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA).</i> (2021). <i>International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA).</i> (2021). <i>International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L.</i> (2024). <i>Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i>	
--	--	---	--	--	--	--	--

4	Mahasiswa mampu memahami dan menjelaskan zat terlarang - stimulant, anabolic agents, hormones	1.Menjelaskan kategori zat dalam prohibited list 2.Menjelaskan mekanisme kerja zat doping 3.Menjelaskan dampak fisiologis dan risiko kesehatan	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Portofolio, Tes	luring 220	Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, J. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes</i>	2%
---	---	---	---	---------------	--	----

						and athlete-support personnel: An international Delphi study. Performance Enhancement & Health	
5	Mahasiswa mampu memahami dan menjelaskan metode terlarang dan manipulasi biologis	1.Menjelaskan metode doping (blood doping, gene doping) 2.Menjelaskan Athlete Biological Passport (ABP) 3.Menjelaskan implikasi klinis terhadap rehabilitasi	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Penilaian Portofolio, Praktik / Unjuk Kerja, Tes	luring 220		Materi: World Anti Doping Code Pustaka: World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA Materi: Prohibited List Pustaka: World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA Materi: International Standart for Therapeutic Pustaka: World Anti-Doping Agency (WADA). (2021). International Standart for Therapeutic Use Exemptions (ISTUE) Materi: International Standart for Testing and Investigation Pustaka: World Anti-Doping Agency (WADA). (2021). International Standart for Testing and Investigations (ISTI) Materi: Doping Education Pustaka: Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024).	2%

						<i>Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). <i>Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
6	Mahasiswa mampu memahami dan menjelaskan metode terlarang dan manipulasi biologis	1.Menjelaskan prosedur pengajuan TUE 2.Menjelaskan kondisi medis yang memerlukan TUE 3.Menjelaskan peran fisioterapis dalam dokumentasi klinis	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping</i>	2%

						Agency (WADA). (2021). <i>International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti- Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean- sport education of para-athletes and athlete- support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe- Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise</i>
--	--	--	--	--	--	--

					Psychology	
7	Mahasiswa mampu memahami dan menjelaskan prosedur doping control	1.Menjelaskan tahapan doping control 2.Menjelaskan hak dan kewajiban atlet 3.Menjelaskan peran tenaga medis dalam proses pengujian	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Tes	luring 220	Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczy, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of</i>	3%

						<i>para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). <i>Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
8	Ujian Tengah Semester	Minggu 1-7	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja, Tes	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic</i>	30%

						Use Exemptions (ISTUE) Materi: International Standart for Testing and Investigation Pustaka: World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI) Materi: Doping Education Pustaka: Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health Materi: Anti Doping Education Intervention Pustaka: Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology	
9	Mahasiswa mampu memahami dan menjelaskan edukasi anti doping berbasis evidence	1.Menjelaskan prinsip desain program edukasi anti-doping	Kriteria: Rubrik Penilaian Bentuk Penilaian :	luring 220		Materi: World Anti Doping Code Pustaka: World Anti-	3%

		2.Menjelaskan pendekatan behavior change (COM-B Model) 3.Menjelaskan outline edukasi untuk atlet	Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja			<i>Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study.</i>
--	--	--	--	--	--	---

						<i>Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
10	Mahasiswa mampu memahami dan menjelaskan nutritional supplements dan contamination risk	1.Menjelaskan risiko kontaminasi suplemen 2.Menjelaskan peran fisioterapis dalam edukasi suplemen 3.Menjelaskan prinsip risk assessment suplemen	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for	3%

						Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
11	Mahasiswa mampu memahami dan menjelaskan doping pada atlet disabilitas dan populasi khusus	1.Menjelaskan isu doping pada para athletes 2.Menjelaskan kebutuhan edukasi khusus 3.Menjelaskan pendekatan inklusif dalam anti doping	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021.</i>	3%

							Montreal: WADA Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List.</i> Montreal: WADA Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping
--	--	--	--	--	--	--	--

					Education Intervention Pustaka: <i>Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
12	Mahasiswa mampu memahami dan menjelaskan doping pada atlet disabilitas dan populasi khusus	1.Menjelaskan sanksi hukum dan disipliner 2.Menjelaskan dilema etika dalam praktik fisioterapi olahraga 3.Menjelaskan prinsip whistleblowing	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220	Psychology Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA).</i>	3%

						(2021). <i>International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
13	Mahasiswa mampu memahami dan menjelaskan pencegahan doping berbasis komunitas	1.Menjelaskan pendekatan community-based prevention 2.Menjelaskan strategi promotif dan preventif 3.Menjelaskan program kampanye clean sport	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-</i>	3%

						Doping Agency (WADA). (2024). <i>The 2024 Prohibited List</i>. Montreal: WADA Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczy, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe-Longueville, F., & Garcia,</i>
--	--	--	--	--	--	---

						M. (2025). <i>Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise</i>	
14	Mahasiswa mampu memahami dan menjelaskan manajemen kasus pelanggaran doping	1.Menjelaskan alur results management 2.Menjelaskan kasus pelanggaran doping aktual 3.Menjelaskan rehabilitasi atlet pasca-sanksi	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220		Psychology Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> ----- Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA</i> ----- Materi: International Standart for Therapeutic Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> ----- Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> -----	3%

						Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
15	Mahasiswa mampu memahami dan menjelaskan desain program edukasi anti doping	1.Menjelaskan program edukasi anti doping berbasis kebutuhan atlet 2.Menjelaskan rencana implementasi 3.Menjelaskan efektivitas program	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja	luring 220		Materi: World Anti Doping Code Pustaka: <i>World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA</i> Materi: Prohibited List Pustaka: <i>World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal:</i>	3%

							WADA Materi: International Standart for Therapeutic Pustaka: <i>World Anti- Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE)</i> Materi: International Standart for Testing and Investigation Pustaka: <i>World Anti- Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI)</i> Materi: Doping Education Pustaka: <i>Boardley, I. D., Chandler, M., Petróczi, A., & Patterson, L. (2024). Addressing the unique needs for anti-doping and clean- sport education of para-athletes and athlete- support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: <i>Filleul, V., d'Arripe- Longueville, F., & Garcia, M. (2025). Anti-doping education interventions in athletic populations: A systematic</i>
--	--	--	--	--	--	--	--

						review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology	
16	Ujian Akhir Semester	Minggu 1-15	Kriteria: Rubrik Penilaian Bentuk Penilaian : Penilaian Hasil Project / Penilaian Produk, Tes	luring 220		Materi: World Anti Doping Code Pustaka: World Anti-Doping Agency (WADA). (2021). World Anti-Doping Code 2021. Montreal: WADA Materi: Prohibited List Pustaka: World Anti-Doping Agency (WADA). (2024). The 2024 Prohibited List. Montreal: WADA Materi: International Standart for Therapeutic Pustaka: World Anti-Doping Agency (WADA). (2021). International Standard for Therapeutic Use Exemptions (ISTUE) Materi: International Standart for Testing and Investigation Pustaka: World Anti-Doping Agency (WADA). (2021). International Standard for Testing and Investigations (ISTI) Materi: Doping Education Pustaka: Boardley, I. D., Chandler, M., Petróczí, A., &	30%

						Patterson, L. (2024). <i>Addressing the unique needs for anti-doping and clean-sport education of para-athletes and athlete-support personnel: An international Delphi study. Performance Enhancement & Health</i> Materi: Anti Doping Education Intervention Pustaka: Filleul, V., d'Arripe-Longueville, F., & Garcia, M. (2025). <i>Anti-doping education interventions in athletic populations: A systematic review of their characteristics, outcomes and practical implications. International Review of Sport and Exercise Psychology</i>	
--	--	--	--	--	--	--	--

Rekap Persentase Evaluasi : Project Based Learning

No	Evaluasi	Persentase
1.	Aktifitas Partisipasif	2%
2.	Penilaian Hasil Project / Penilaian Produk	38.5%
3.	Penilaian Portofolio	1.5%
4.	Praktik / Unjuk Kerja	22%
5.	Tes	32%
		96%

Catatan

- 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.
- 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.
- 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.
- 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.
- 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.
- Kreteria Penilaian** adalah patokan yang digunakan sebagai ukuran atau tolok ukur ketercapaian pembelajaran dalam penilaian berdasarkan indikator-indikator yang telah ditetapkan. Kreteria penilaian merupakan pedoman bagi

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

RPS ini telah divalidasi pada tanggal 28 Februari 2026

Koordinator Program Studi S1
Fisioterapi



FIRDAUSI KAHFI MAULANA
NIDN 0726109501

UPM Program Studi S1
Fisioterapi



NIDN 0021099701

File PDF ini digenerate pada tanggal 23 Juli 2026 Jam 23:52 menggunakan aplikasi RPS-OBE SiDia Unesa

