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|-----------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------------------------|------------|------------------|----------------------------------|-----------------------|
|  |                                                | <b>Universitas Negeri Surabaya</b><br><b>Fakultas Ilmu Keolahragaan Dan Kesehatan</b><br><b>Program Studi S1 Pendidikan Kepelatihan Olahraga</b>                                                   |                  |                                   |            |                  | <b>Kode Dokumen</b>              |                       |
| <b>RENCANA PEMBELAJARAN SEMESTER</b>                                              |                                                |                                                                                                                                                                                                    |                  |                                   |            |                  |                                  |                       |
| <b>MATA KULIAH (MK)</b>                                                           |                                                | <b>KODE</b>                                                                                                                                                                                        | <b>Rumpun MK</b> | <b>BOBOT (sks)</b>                |            |                  | <b>SEMESTER</b>                  | <b>Tgl Penyusunan</b> |
| <b>METODE MELATIH FISIK, TEKNIK, TAKTIK &amp; MENTAL CABOR JUDO</b>               |                                                | 8520204597                                                                                                                                                                                         |                  | <b>T=1</b>                        | <b>P=3</b> | <b>ECTS=6.36</b> | 3                                | 13 Juli 2025          |
| <b>OTORISASI</b>                                                                  |                                                | <b>Pengembang RPS</b>                                                                                                                                                                              |                  | <b>Koordinator RMK</b>            |            |                  | <b>Koordinator Program Studi</b> |                       |
|                                                                                   |                                                | Muhamad Fauzi Antoni, S.Pd., M.Kes.                                                                                                                                                                |                  | Shery Iris Zalillah, S.Pd..M.Kes. |            |                  | Dr. Or. Muhammad, S.Pd., M.Pd.   |                       |
| <b>Model Pembelajaran</b>                                                         | Case Study                                     |                                                                                                                                                                                                    |                  |                                   |            |                  |                                  |                       |
| <b>Capaian Pembelajaran (CP)</b>                                                  | <b>CPL-PRODI yang dibebankan pada MK</b>       |                                                                                                                                                                                                    |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPL-1</b>                                   | Mampu menunjukkan nilai-nilai agama, kebangsaan dan budaya nasional, serta etika akademik dalam melaksanakan tugasnya                                                                              |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPL-2</b>                                   | Menunjukkan karakter tangguh, kolaboratif, adaptif, inovatif, inklusif, belajar sepanjang hayat, dan berjiwa kewirausahaan                                                                         |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPL-3</b>                                   | Mengembangkan pemikiran logis, kritis, sistematis, dan kreatif dalam melakukan pekerjaan yang spesifik di bidang keahliannya serta sesuai dengan standar kompetensi kerja bidang yang bersangkutan |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPL-4</b>                                   | Mengembangkan diri secara berkelanjutan dan berkolaborasi.                                                                                                                                         |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPL-5</b>                                   | Mampu merancang program latihan yang efektif dan inovatif berdasarkan prinsip-prinsip keilmuan dan penelitian terbaru di berbagai cabang olahraga.                                                 |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>Capaian Pembelajaran Mata Kuliah (CPMK)</b> |                                                                                                                                                                                                    |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 1</b>                                | Menerapkan teknik dasar judo dalam berbagai situasi latihan dan pertandingan untuk meningkatkan efektivitas performa atlet (C3)                                                                    |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 2</b>                                | Menganalisis kekuatan dan kelemahan teknik judo atlet melalui video pertandingan untuk pengembangan strategi pelatihan yang lebih terfokus (C4)                                                    |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 3</b>                                | Mengevaluasi efektivitas program latihan yang telah diimplementasikan dengan menggunakan kriteria performa dan kesehatan atlet (C5)                                                                |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 4</b>                                | Menciptakan metode latihan baru yang inovatif untuk meningkatkan keterampilan teknis dan taktis atlet judo (C6)                                                                                    |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 5</b>                                | Menerapkan strategi mental dan psikologis untuk meningkatkan ketahanan mental atlet selama pertandingan (C3)                                                                                       |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 6</b>                                | Menganalisis dampak program latihan fisik terhadap performa atlet judo dan melakukan penyesuaian berdasarkan hasil analisis tersebut (C4)                                                          |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 7</b>                                | Mengevaluasi dan menyesuaikan taktik pertandingan berdasarkan karakteristik lawan dan kondisi atlet (C5)                                                                                           |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 8</b>                                | Menciptakan program pengembangan mental yang berfokus pada peningkatan kepercayaan diri dan pengendalian stres atlet (C6)                                                                          |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 9</b>                                | Menerapkan nilai-nilai etika dan kebangsaan dalam pelatihan dan pertandingan judo untuk membentuk karakter atlet yang bertanggung jawab (C3)                                                       |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>CPMK - 10</b>                               | Menganalisis dan mengintegrasikan berbagai metode pelatihan dari cabang olahraga lain untuk meningkatkan efektivitas pelatihan judo (C4)                                                           |                  |                                   |            |                  |                                  |                       |
|                                                                                   | <b>Matrik CPL - CPMK</b>                       |                                                                                                                                                                                                    |                  |                                   |            |                  |                                  |                       |

|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
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|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <table><tr><td>CPMK</td><td>CPL-1</td><td>CPL-2</td><td>CPL-3</td><td>CPL-4</td><td>CPL-5</td></tr><tr><td>CPMK-1</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></tr><tr><td>CPMK-3</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></tr><tr><td>CPMK-5</td><td></td><td>✓</td><td></td><td></td><td></td></tr><tr><td>CPMK-6</td><td></td><td></td><td></td><td></td><td>✓</td></tr><tr><td>CPMK-7</td><td></td><td></td><td>✓</td><td></td><td></td></tr><tr><td>CPMK-8</td><td>✓</td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-9</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-10</td><td></td><td></td><td>✓</td><td></td><td>✓</td></tr></table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | CPMK              | CPL-1                                                                            | CPL-2           | CPL-3                           | CPL-4               | CPL-5 | CPMK-1 |    |    |    |    | ✓  | CPMK-2 |    |  | ✓ |  |   | CPMK-3 |   |   |   |   | ✓ | CPMK-4 |   |    |    |    | ✓  | CPMK-5 |    | ✓  |        |  |  | CPMK-6 |  |  |  |  | ✓ | CPMK-7 |  |  | ✓ |  |  | CPMK-8 | ✓ |        |   |   |   | CPMK-9 |  |  |  |  |  | CPMK-10 |  |  | ✓ |  | ✓ |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK                                                             | CPL-1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | CPL-2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | CPL-3             | CPL-4                                                                            | CPL-5           |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-1                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  | ✓               |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-2                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ✓                 |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-3                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  | ✓               |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-4                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  | ✓               |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-5                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-6                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  | ✓               |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-7                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ✓                 |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-8                                                           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-9                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-10                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ✓                 |                                                                                  | ✓               |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <table><tr><td rowspan="2">CPMK</td><td colspan="16">Minggu Ke</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>CPMK-1</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-2</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-3</td><td></td><td></td><td></td><td></td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>CPMK-4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><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></tr><tr><td>CPMK-6</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-7</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-8</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-9</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-10</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-6 |  |  |  |  |  |  |  |  |  |  | ✓ |  |  |  |  |  | CPMK-7 |  |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ |  |  |  | CPMK-8 |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓ |  |  | CPMK-9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓ |  | CPMK-10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓ |
| 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-6                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    | ✓  |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-7                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    | ✓  | ✓  |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-8                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    | ✓  |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-9                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    | ✓      |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| CPMK-10                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        | ✓  |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| Deskripsi Singkat MK                                             | Matakuliah yang mempelajari cara melatih fisik, teknik, taktik dan mental khususnya pada cabang olahraga judo                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| Pustaka                                                          | Utama :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
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|                                                                  | Pendukung :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
|                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| Dosen Pengampu                                                   | Dr. Muhammad Kharis Fajar, S.Pd., M.Pd.<br>Shery Iris Zalillah, S.Pd..M.Kes.<br>Muhamad Fauzi Antoni, S.Pd., M.Kes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                                                                  |                 |                                 |                     |       |        |    |    |    |    |    |        |    |  |   |  |   |        |   |   |   |   |   |        |   |    |    |    |    |        |    |    |        |  |  |        |  |  |  |  |   |        |  |  |   |  |  |        |   |        |   |   |   |        |  |  |  |  |  |         |  |  |   |  |   |  |        |  |  |  |  |   |   |   |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |   |   |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |
| 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 memahami kontrak perkuliahan                                                                                                                     | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5% |
| 2 | Mahasiswa mampu menganalisis kekuatan dan kelemahan teknik judo atlet melalui video pertandingan untuk pengembangan strategi pelatihan yang lebih terfokus | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5% |
| 3 | Mahasiswa mampu menganalisis kekuatan dan kelemahan teknik judo atlet melalui video pertandingan untuk pengembangan strategi pelatihan yang lebih terfokus | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5% |
| 4 | Mahasiswa mampu menganalisis kekuatan dan kelemahan teknik judo atlet melalui video pertandingan untuk pengembangan strategi pelatihan yang lebih terfokus | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5% |
| 5 | Mahasiswa mampu mengevaluasi efektivitas program latihan yang telah diimplementasikan dengan menggunakan kriteria performa dan kesehatan atlet             | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 4% |

|    |                                                                                                                                                |                                                      |                                                                                                                                                                                                |                  |  |                                                                                                                                                                              |     |
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| 6  | Mahasiswa mampu mengevaluasi efektivitas program latihan yang telah diimplementasikan dengan menggunakan kriteria performa dan kesehatan atlet | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5%  |
| 7  | Mahasiswa mampu mengevaluasi efektivitas program latihan yang telah diimplementasikan dengan menggunakan kriteria performa dan kesehatan atlet | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5%  |
| 8  | Mahasiswa mampu menciptakan metode latihan baru yang inovatif untuk meningkatkan keterampilan teknis dan taktis atlet judo                     | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b> UTS<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i>                                                 | 10% |
| 9  | Mahasiswa mampu menerapkan strategi mental dan psikologis untuk meningkatkan ketahanan mental atlet selama pertandingan                        | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5%  |
| 10 | Mahasiswa mampu menerapkan strategi mental dan psikologis untuk meningkatkan ketahanan mental atlet selama pertandingan                        | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5%  |

|    |                                                                                                                                                      |                                                      |                                                                                                                                                                                                |                  |  |                                                                                                                                                                              |    |
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| 11 | Mahasiswa mampu menganalisis dampak program latihan fisik terhadap performa atlet judo dan melakukan penyesuaian berdasarkan hasil analisis tersebut | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 5% |
| 12 | Mahasiswa mampu mengevaluasi dan menyesuaikan taktik pertandingan berdasarkan karakteristik lawan dan kondisi atlet                                  | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 6% |
| 13 | Mahasiswa mampu menyesuaikan taktik pertandingan berdasarkan karakteristik lawan dan kondisi atlet                                                   | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 7% |
| 14 | Mahasiswa mampu menciptakan program pengembangan mental yang berfokus pada peningkatan kepercayaan diri dan pengendalian stres atlet                 | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 9% |
| 15 | Mahasiswa mampu mengembangkan program pengembangan mental yang berfokus pada peningkatan kepercayaan diri dan pengendalian stres atlet               | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 9% |

|    |                                                                                                                                                     |                                                      |                                                                                                                                                                                                |                  |  |                                                                                                                                                                                                                                                                                                                  |     |
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| 16 | Mahasiswa mampu menganalisis dan mengintegrasikan berbagai metode pelatihan dari cabang olahraga lain untuk meningkatkan efektivitas pelatihan judo | Mampu menjawab dengan baik pertanyaan yang diberikan | <b>Kriteria:</b><br>Dianggap benar bila mampu menjawab 70% tepat<br><br><b>Bentuk Penilaian :</b><br>Aktifitas Partisipasif, Penilaian Hasil Project / Penilaian Produk, Praktik / Unjuk Kerja | Luring<br>4 X 50 |  | <b>Materi:</b><br>Metode Melatih Fisik, Teknik, Taktik dan Mental.<br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i><br><br><b>Materi: UAS</b><br><b>Pustaka:</b><br><i>Bompa, 2015, Total Training for Young Champions , Australia: Human Kinetics.</i> | 10% |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|

#### Rekap Persentase Evaluasi : Case Study

| No | Evaluasi                                   | Persentase |
|----|--------------------------------------------|------------|
| 1. | Aktifitas Partisipasif                     | 33.35%     |
| 2. | Penilaian Hasil Project / Penilaian Produk | 33.35%     |
| 3. | Praktik / Unjuk Kerja                      | 33.35%     |
|    |                                            | 100%       |

#### 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.
- Bentuk penilaian:** tes dan non-tes.
- 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.
- 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.
- Materi Pembelajaran** adalah rincian atau uraian dari bahan kajian yg dapat disajikan dalam bentuk beberapa pokok dan sub-pokok bahasan.
- Bobot penilaian** adalah prosentasi penilaian terhadap setiap pencapaian sub-CPMK yang besarnya proposional dengan tingkat kesulitan pencapaian sub-CPMK tsb., dan totalnya 100%.
- TM=Tatap Muka, PT=Penugasan terstruktur, BM=Belajar mandiri.

Koordinator Program Studi  
S1 Pendidikan Keperawatan  
Olahraga



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