**KURIKULUM TAHUN 2022**

**PROGRAM STUDI PENDIDIKAN JASMANI**

**UNIVERSITAS DEHASEN BENGKULU**

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| MATA KULIAH WAJIB UNIVERSITAS | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | UDB101 | Pendidikan Agama | (3-0) | 3 | 0 | 3 |  |
| 2 | UDB102 | Pendidikan Pancasila | (2-0) | 2 | 0 | 2 |  |
| 3 | UDB103 | Pendidikan Kewarganegaran | (2-0) | 2 | 0 | 2 |  |
| 4 | UDB104 | Bahasa Indonesia | (2-0) | 2 | 0 | 2 |  |
| 5 | UDB105 | Bahasa Inggris | (2-0) | 2 | 0 | 2 |  |
| 6 | UDB206 | Kewirausahan | (2-1) | 2 | 1 | 3 |  |
| 7 | UDB207 | Wirausaha Digital | (1-1) | 1 | 1 | 2 |  |
| 8 | UDB408 | KKN | (0-3) | 0 | 3 | 3 |  |
| Jumlah | | |  | **14** | **5** | **19** |  |

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| MATA KULIAH WAJIB FAKULTAS | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | FKM101 | Landasan Pendidikan | (3-0) | 3 | 0 | 3 |  |
| 2 | FKM102 | Perkembangan Peserta Didik | (3-0) | 3 | 0 | 3 |  |
| 3 | FKM103 | Profesi dan Etika Pendidikan | (3-0) | 3 | 0 | 3 |  |
| 4 | FKM104 | Psikologi Pendidikan | (2-0) | 2 | 0 | 2 |  |
| 5 | FKM205 | Pengenalan Lingkungan Sekolah (PLS) | (0-2) | 0 | 2 | 2 |  |
| 6 | FKM206 | Manajemen Pembelajaran | (2-0) | 2 | 0 | 2 |  |
| 7 | FKM307 | Pengalaman Lapangan Satuan Pendidikan (PLSP) | (0-4) | 0 | 4 | 4 |  |
| Jumlah | | |  | **18** | **1** | **19** |  |

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| MATA KULIAH WAJIB PROGRAM STUDI | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | PJM101 | Pengoperasian Komputer | (1-2) | 1 | 2 | 3 |  |
| 2 | PJM102 | Filsafat Penjas dan Olahraga | (2-0) | 2 | 0 | 2 |  |
| 3 | PJM103 | Anatomi Manusia | (2-0) | 2 | 0 | 2 |  |
| 4 | PJM104 | Keterampilan Atletik | (0-2) | 0 | 2 | 2 |  |
| 5 | PJM105 | Keterampilan Senam | (0-2) | 0 | 2 | 2 |  |
| 6 | PJM106 | Keterampilan Sepak Bola | (0-2) | 0 | 2 | 2 |  |
| 7 | PJM107 | Pembelajaran Atletik | (0-3) | 0 | 3 | 3 |  |
| 8 | PJM108 | Pembelajaran Senam | (0-2) | 0 | 2 | 2 |  |
| 9 | PJM201 | Bahasa Inggris Profesi | (2-0) | 2 | 0 | 2 |  |
| 10 | PJM202 | Pengembangan Sistem Informasi Penjas | (2-0) | 2 | 0 | 2 |  |
| 11 | PJM203 | Telaah Kurikulum Sekolah | (3-0) | 3 | 0 | 3 |  |
| 12 | PJM204 | Kepramukaan dan *Outdoor Education* | (2-0) | 1 | 1 | 2 |  |
| 13 | PJM205 | Dasar-Dasar Penjas | (2-0) | 2 | 0 | 2 |  |
| 14 | PJM206 | Pembelajaran Sepak Bola | (0-2) | 0 | 2 | 2 |  |
| 15 | PJM207 | Keterampilan Renang | (0-2) | 0 | 2 | 2 |  |
| 16 | PJM208 | Keterampilan Bola Voli | (0-2) | 0 | 2 | 2 |  |
| 17 | PJM209 | Perencanaan Pembelajaran Penjas | (2-0) | 2 | 0 | 2 |  |
| 18 | PJM210 | Media dan Teknologi Pembelajaran Penjas | (1-1) | 1 | 1 | 2 |  |
| 19 | PJM211 | Permainan Tradisional dan Permainan Kecil | (1-1) | 1 | 1 | 2 |  |
| 20 | PJM212 | Pendidikan Kebugaran Jasmani | (2-0) | 2 | 0 | 2 |  |
| 21 | PJM213 | Keterampilan Bola Basket | (0-2) | 0 | 2 | 2 |  |
| 22 | PJM214 | Pembelajaran Renang | (0-2) | 0 | 2 | 2 |  |
| 23 | PJM215 | Pembelajaran Bola Voli | (0-2) | 0 | 2 | 2 |  |
| 24 | PJM301 | Statistik | (2-0) | 1 | 1 | 2 |  |
| 25 | PJM302 | Micro Teaching | (1-2) | 1 | 2 | 3 |  |
| 26 | PJM303 | Evaluasi Pembelajaran Penjas | (2-0) | 2 | 0 | 2 |  |
| 27 | PJM304 | Metodologi Penelitian | (3-0) | 3 | 0 | 3 |  |
| 28 | PJM305 | Pendidikan Olahraga Rekreasi | (0-2) | 0 | 2 | 2 |  |
| 29 | PJM306 | Strategi Pembelajaran Penjas | (1-1) | 1 | 1 | 2 |  |
| 30 | PJM307 | Ilmu Kepelatihan | (1-1) | 1 | 1 | 2 |  |
| 31 | PJM308 | Pembelajaran Bola Basket | (0-2) | 0 | 2 | 2 |  |
| 32 | PJM309 | Bulu Tangkis | (0-2) | 0 | 2 | 2 |  |
| 33 | PJM310 | Gizi Olahraga | (2-0) | 2 | 0 | 2 |  |
| 34 | PJM311 | Tes dan Pengukuran Olahraga | (2-0) | 2 | 0 | 2 |  |
| 35 | PJM312 | Olahraga Spesialisasi | (0-2) | 0 | 2 | 2 |  |
| 36 | PJM313 | Massage Fisioterapi dan Cedera Olahraga | (0-2) | 0 | 2 | 2 |  |
| 37 | PJM314 | Pencak Silat | (0-2) | 0 | 2 | 2 |  |
| 38 | PJM401 | Seminar | (2-0) | 2 | 0 | 2 |  |
| 39 | PJM402 | Perkembangan Motorik dan Biomekanika Olahraga | (3-0) | 3 | 0 | 3 |  |
| 40 | PJM403 | Manajemen Keolahragaan | (2-0) | 2 | 0 | 2 |  |
| 41 | PJM404 | Fisiologi Manusia dan Olahraga | (2-0) | 2 | 0 | 2 |  |
| 42 | PJM405 | Pembelajaran Pendidikan Jasmani Adaptif | (2-0) | 2 | 0 | 2 |  |
| 43 | PJM406 | Skripsi | (0-6) | 0 | 6 | 6 |  |
| Jumlah | | |  | **45** | **51** | **96** |  |

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| MATA KULIAH PILIHAN | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | PJP301 | Tenis Meja | (0-3) | 0 | 3 | 3 |  |
| 2 | PJP302 | Taekwondo | (0-3) | 0 | 3 | 3 |  |
| 3 | PJP303 | Bola Tangan | (0-3) | 0 | 3 | 3 |  |
| 4 | PJP304 | Tenis Lapangan | (0-3) | 0 | 3 | 3 |  |
| 5 | PJP401 | Sepak Takraw | (0-3) | 0 | 3 | 3 |  |
| 6 | PJP402 | Futsal | (0-3) | 0 | 3 | 3 |  |
| 7 | PJP403 | Karate | (0-3) | 0 | 3 | 3 |  |
| 8 | PJP404 | Fitnes Center | (0-3) | 0 | 3 | 3 |  |
| Jumlah | | |  | **0** | **24** | **24** |  |

**PENYEBARAN MATA KULIAH KURIKULUM TAHUN 2022**

**PROGRAM STUDI PENDIDIKAN JASMANI**

**UNIVERSITAS DEHASEN BENGKULU**

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| SEMESTER I | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | UDB103 | Pendidikan Kewarganegaran | (2-0) | 2 | 0 | 2 |  |
| 2 | UDB105 | Bahasa Inggris | (2-0) | 2 | 0 | 2 |
| 3 | FKM101 | Landasan Pendidikan | (3-0) | 3 | 0 | 3 |
| 4 | PJM101 | Pengoperasian Komputer | (1-2) | 1 | 2 | 3 |
| 5 | PJM102 | Filsafat Penjas dan Olahraga | (2-0) | 2 | 0 | 2 |
| 6 | PJM103 | Anatomi Manusia | (2-0) | 2 | 0 | 2 |
| 7 | PJM104 | Keterampilan Atletik | (0-2) | 0 | 2 | 2 |
| 8 | PJM105 | Keterampilan Senam | (0-2) | 0 | 2 | 2 |
| 9 | PJM106 | Keterampilan Sepak Bola | (0-2) | 0 | 2 | 2 |
| Jumlah | | |  | **12** | **8** | **20** |  |

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| SEMESTER II | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | UDB101 | Pendidikan Agama | (3-0) | 3 | 0 | 3 |  |
| 2 | UDB102 | Pendidikan Pancasila | (2-0) | 2 | 0 | 2 |
| 3 | UDB104 | Bahasa Indonesia | (2-0) | 2 | 0 | 2 |
| 4 | FKM102 | Perkembangan Peserta Didik | (3-0) | 3 | 0 | 3 |
| 5 | FKM103 | Profesi dan Etika Pendidikan | (3-0) | 3 | 0 | 3 |
| 6 | FKM104 | Psikologi Pendidikan | (2-0) | 2 | 0 | 2 |
| 7 | PJM107 | Pembelajaran Atletik | (0-3) | 0 | 3 | 3 |
| 8 | PJM108 | Pembelajaran Senam | (0-2) | 0 | 2 | 2 |
| Jumlah | | |  | **15** | **5** | **20** |  |

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| SEMESTER III | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | UDB206 | Kewirausahan | (2-1) | 2 | 1 | 3 |  |
| 2 | PJM201 | Bahasa Inggris Profesi | (2-0) | 2 | 0 | 2 |
| 3 | PJM202 | Pengembangan Sistem Informasi Penjas | (2-0) | 2 | 0 | 2 |
| 4 | PJM203 | Telaah Kurikulum Sekolah | (3-0) | 3 | 0 | 3 |
| 5 | PJM204 | Kepramukaan dan *Outdoor Education* | (1-1) | 1 | 1 | 2 |
| 6 | PJM205 | Dasar-Dasar Penjas | (2-0) | 2 | 0 | 2 |
| 7 | PJM206 | Pembelajaran Sepak Bola | (0-2) | 0 | 2 | 2 |
| 8 | PJM207 | Keterampilan Renang | (0-2) | 0 | 2 | 2 |
| 9 | PJM208 | Keterampilan Bola Voli | (0-2) | 0 | 2 | 2 |
| Jumlah | | |  | **12** | **8** | **20** |  |

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| SEMESTER IV | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | UDB207 | Wirausaha Digital | (1-1) | 1 | 1 | 2 |  |
| 2 | FKM205 | Pengenalan Lingkungan Sekolah (PLS) | (0-2) | 0 | 2 | 2 |
| 3 | FKM206 | Manajemen Pembelajaran | (2-0) | 2 | 0 | 2 |
| 4 | PJM209 | Perencanaan Pembelajaran Penjas | (2-0) | 2 | 0 | 2 |
| 5 | PJM210 | Media dan Teknologi Pembelajaran Penjas | (1-1) | 1 | 1 | 2 |
| 6 | PJM211 | Permainan Tradisional dan Permainan Kecil | (1-1) | 1 | 1 | 2 |
| 7 | PJM212 | Pendidikan Kebugaran Jasmani | (2-0) | 2 | 0 | 2 |
| 8 | PJM213 | Keterampilan Bola Basket | (0-2) | 0 | 2 | 2 |
| 9 | PJM214 | Pembelajaran Renang | (0-2) | 0 | 2 | 2 |
| 10 | PJM215 | Pembelajaran Bola Voli | (0-2) | 0 | 2 | 2 |
| Jumlah | | |  | **8** | **12** | **20** |  |

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| SEMESTER V | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | PJM301 | Statistik | (2-0) | 1 | 1 | 2 | MBKM ke Program Studi Pendidikan Komputer |
| 2 | PJM302 | Micro Teaching | (1-2) | 1 | 2 | 3 |
| 3 | PJM303 | Evaluasi Pembelajaran Penjas | (2-0) | 2 | 0 | 2 |
| 4 | PJM304 | Metodologi Penelitian | (3-0) | 3 | 0 | 3 |
| 5 | PJM305 | Pendidikan Olahraga Rekreasi | (0-2) | 0 | 2 | 2 |
| 6 | PJM306 | Strategi Pembelajaran Penjas | (1-1) | 1 | 1 | 2 |
| 7 | PJM307 | Ilmu Kepelatihan | (1-1) | 1 | 1 | 2 |
| 8 | PJM308 | Pembelajaran Bola Basket | (0-2) | 0 | 2 | 2 |
| 9 | PJM309 | Bulu Tangkis | (0-2) | 0 | 2 | 2 |
| Jumlah | | |  | **10** | **10** | **20** |  |

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| SEMESTER VI | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | FKM307 | Pengalaman Lapangan Satuan Pendidikan (PLSP) | (0-4) | 0 | 4 | 4 | Magang / Asistensi di Satuan Pendidikan |
| 2 | PJM310 | Gizi Olahraga | (2-0) | 2 | 0 | 2 |
| 3 | PJM311 | Tes dan Pengukuran Olahraga | (2-0) | 2 | 0 | 2 |
| 4 | PJM312 | Olahraga Spesialisasi | (0-2) | 0 | 2 | 2 |
| 5 | PJM313 | Massage Fisioterapi dan Cedera Olahraga | (0-2) | 0 | 2 | 2 |
| 6 | PJM314 | Pencak Silat | (0-2) | 0 | 2 | 2 |
| 7 |  | Pilihan I | (0-3) | 0 | 3 | 3 |
| 8 |  | Pilihan II | (0-3) | 0 | 3 | 3 |
| Jumlah | | |  | **4** | **16** | **20** |  |

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| SEMESTER VII | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | UDB408 | KKN | (0-3) | 0 | 3 | 3 | KKN Tematik / Riset |
| 2 | PJM401 | Seminar | (2-0) | 2 | 0 | 2 |
| 3 | PJM402 | Perkembangan Motorik dan Biomekanika Olahraga | (3-0) | 3 | 0 | 3 |
| 4 | PJM403 | Manajemen Keolahragaan | (2-0) | 2 | 0 | 2 |
| 5 | PJM404 | Fisiologi Manusia dan Olahraga | (2-0) | 2 | 0 | 2 |
| 6 | PJM405 | Pembelajaran Pendidikan Jasmani Adaptif | (2-0) | 2 | 0 | 2 |
| 7 |  | Pilihan I | (0-3) | 0 | 3 | 3 |
| 8 |  | Pilihan II | (0-3) | 0 | 3 | 3 |
| Jumlah | | |  | **11** | **9** | **20** |  |

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| SEMESTER VIII | | | | | | | |
| No | **Kode** | **Mata Kuliah** | **Bobot** | **Kegiatan** | | **SKS** | **Keterangan** |
| **T** | **P** |
| 1 | PJM406 | Skripsi | (0-6) | 0 | 6 | 6 |  |
| Jumlah | | |  | **0** | **6** | **6** |  |

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| TOTAL KESELURUHAN | 146 SKS |

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| **Mengetahui,**  **Dekan**  **Dra. Asnawati, S.Kom., M.Kom**  **NIK. 1703007** | **Bengkulu, 15 Oktober 2022**  **Ketua Program Studi**  **Martiani, S.Pd., M.TPd**  **NIK. 1703153** |