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33	Muhammad Fattahillah, S.Pd., Dr. Edy Mintarto, M.Kes. (Indonesia)	Contribution Of Arm Strength, Back Strength And 30M Sprint Towards Javelin	356
34	Muhammad Imam Fuadi (Indonesia)	The Comparation Between Speech And Demonstration Methods Toward The Study Result Of Junior High School In Free Style Swimming (Crawl)	358
35	NikmatulAini, Bima (Indonesia)	Identification of Supporting and Obstacle Factors of Swim Coaching in Petrokimia Gresik Club	361
36	Nortje Anita Kumaat (Indonesia)	Influence Of Aerobic Exercise On Aerobic Capacity And Self Well Being	365
37	Oce Wiriawan (Indonesia)	Comparison Of Physical Fitness Junior High School Based On Highlands And Lowland	369
38	Peby Gunarto (Indonesia)	The Influence Of Drill And Alley Rally Training Methods To The Accuracy Of Groundstroke Forehand Topspin And Groundstroke Backhand Topspin On Tennis	375
39	Puguh Satya (Indonesia)	Modification Of Learning Model Triple Jump Subject In Physical Education, Sports, And Health In Class Xi Sman 1 Pacet Mojokerto	377
40	Rahayu Prasetyo (Indonesia)	Differences Emotional Intelegence Between Combat And Non Combat Athlete	381
41	Rina Nopiana (Indonesia)	The Effect Of Massage And Stretching On High And Low V02Max In Recovery Of Blood Lactit Acid And Heart Rate After Sport Activities.	385
42	Risfandi Setyawan, Mecca Puspitaningsari (Indonesia)	Effect Of High-Intensity Interval Training (Hiit) Versushigh Volume Endurance Training Program (Hvet) To The Improvement Of Vo2Max, Vj And Power For Mens Volleyball Players	390

56	Tiasari Janjang Suminar, Oktanda Prima Utama (Indonesia)	The Development Of Aerobic Gymnastics With Zumba Combinatoin Through Learning Videos For Students Of Class Viii In Smp Negeri 2 Malang	455
57	Wawan Setiawan (Indonesia)	The Influence Of Balinese Traditional Game To The Physical Fitness And Basic Motoric Skill Of The 5Th Graders Male Students In Elementary School 1 Melaya	458
58	Yonny Herdyanto (Indonesia)	"Effect Of Training Ikie Punch, Chimney Jump, Chest Press Seated On Wellness Ball, And Leg Extension Standing Against Agility, Balance, Power Arm And Leg On Student S1 Sport Coaching Education Department Faculty Of Sport Science Unesa"	461
59	Zakaria Wahyu Hidayat, Silvia Mega Novita, Choirul Umam (Indonesia)	Performance Evaluation Referee - Jury East Java Regional Championship 2016	464

MODIFICATION OF LEARNING MODEL TRIPLE JUMP SUBJECT IN PHYSICAL EDUCATION, SPORTS, AND HEALTH IN CLASS XI SMAN 1 PACET MOJOKERTO

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This study aimed to describe the response or response modification and learning of students after participating in the material's triple jump. Modifications learning triple jump is a modification that leads to the play activities in learning approach that uses a scientific approach to the material's triple jump. The concept of basic movements in each model games for play activity refers to the basic motion in the triple jump. Thus, playing the game model of learning in the triple jump this modification will indirectly play and learning process occurs while playing it. Model modification and learning the game in triple jump with every model has a function or role playing different. This research is a quantitative descriptive study, using questionnaires and observation to observe and record what happens on the ground. In this method uses subject IPA 2 class XI student of SMAN 1 Pacet Mojokerto selected as the sample using simple random sampling technique from nine classes in class XI. In the questionnaires, indicators were developed to obtain data in studies related to the modification of the model of learning in the game's triple jump. From the research results obtained through the analysis of questionnaires completed by the students, as follows: for the first game model results obtained 79.85, the model results obtained 78.97 II game, game model results obtained 82.35 III, IV game model obtained results 75.88, gaming model results obtained 75.15 V, VI game model results obtained 78.24. Based on the analysis of data on the questionnaire can be concluded that the modification and learning triple jump that leads to activity playing in every game model in learning approaches scientifically concluded that it can help students in learning motor skills triple jump, but this result is the result declared by the average of data obtained through the questionnaire, which means that there are some students who feel that the play can not help these students to learn the skills of triple jump.

Keywords : *Modifications, Triple Jump Learning, Physical Education, Sports and Health*

PRELIMINARY

The importance of doing modifications for a Physical Education's Teacher manage learning, can not be separated from for instance the level of difficulty of the material (the concept of motion) were studied by learners, one material that has a high degree of difficulty in learning programs physical education ie triple jump which is one of the numbers jump horizontal in athletics. This is because a learner is required to coordinate physical ability (physical) with a series of triple jump motion, so that learners can carry out a series of triple jump motion in accordance with the maximum physical abilities that still refer to the basic concepts of motion triple jump. Therefore, in the modification of the learning triple jump first step that must be done is to analyze the concept of motion-motion along with the level of difficulty, and then make modifications learning new triple jump.

In a modification of learning is also related to how teachers motivate students (intrinsically motivated) in the creative to mengetrapkan model or style of teaching that is oriented to the needs of students. It is important to understand the needs of students of what they want in the learning process. So that students in participating in learning can achieve the learning objectives. It is like the opinion Hein, et al. (2011), that the intrinsic motivation of teachers will affect the seriousness of teachers in teaching so that teachers will give the best to his students in teaching and learning-oriented what the student needs.

A modified form of learning to be done in this study is shaped play activities, play activities with the concept of motion patterns using basic motion concepts triple jump. Thus, indirectly, other than the learners in a state of active play on the model of games designed by the researchers are also in a state of motion train hopscotch, jump in and jump into a basic motion concepts triple jump. Play activities in learning physical education relating to the

material being taught will assist in providing a variety or color on learning that indirectly create interest, the satisfaction felt by students, or can dispel the concern or doubt yourself every learner to the inability (less confident) in conducting a series of sports motion (triple jump).

Based on the background of the problems mentioned above, that the researchers intend to conduct a study on the modification of the learning triple jump in Mojokerto. The purpose of this study is to determine the response of students of class XI IPA 2 SMAN 1 Pacet Mojokerto through filling a questionnaire about learning a modified triple jump.

METHOD

Research on modification and learning in the triple jump this study uses descriptive study using a quantitative approach. For the determination of the subject of the study, researchers used a simple random sampling by means of a lottery. So, from the lottery to get a class XI investigators IPA 2 as the study sample. This study in obtaining the data held 2 meetings in the learning process triple jump in the first week and the second month of June 2014. At the gathering techniques in this study was conducted using nonparticipant observation and Charging Questionnaire. In this research, data analysis technique used is quantitative descriptive analysis techniques percentage. This technique is used to analyze the quantitative data obtained from the questionnaire on a sample of students in the study. The formula for calculating the percentage of data according to Sudijono (2008: 40), as follows:

$$P = \frac{X}{X_i} \times 100 \%$$

Explanation :

P : Percentage of the results of the evaluation of the trial

X : The number of questions test scores by subject

X_i : Number of maximum response in the aspects of the assessment by the subject of the trial

100% : Constants

To determine the conclusions that have been reached, according to the criteria set Sudjana (1990: 131) as in the following table:

Table Analysis Percentage Evaluation by Subject Tests

PERCENTAGE	EXPALANATION	MEAN
80% - 100%	VALID	USED
60% - 79%	ENOUGH	USED
50% - 59%	VALIDLESS	CHANGED
< 50%	UNVALID	CHANGED

RESEARCH RESULT

Table Accumulated Value Entire Indicators In Every Game

	Indicator	Value	Value Acumulated	Expalanation
Game Model I	Indicator 1	81,62	79,85	Enough
	Indicator 2	86,76		
	Indicator 3	78,68		
	Indicator 4	75,00		
	Indicator 5	77,21		
Game Model 2	Indicator	Value	Value Acumulated	Expalanation
	Indicator 1	80,88	78,97	Enough

	Indicator 2	77,21		
	Indicator 3	80,15		
	Indicator 4	77,21		
	Indicator 5	79,41		
Game Model 3	Indicator	Value	Value Accumulated	Expalanation
	Indicator 1	84,56	82,35	Valid
	Indicator 2	93,38		
	Indicator 3	82,35		
	Indicator 4	77,21		
	Indicator 5	74,26		
Game Model 4	Indicator	Value	Value Accumulated	Expalanation
	Indicator 1	74,26	75,88	Enough
	Indicator 2	76,47		
	Indicator 3	76,47		
	Indicator 4	75,00		
	Indicator 6	77,21		
Game Model 5	Indicator	Value	Value Accumulated	Expalanation
	Indicator 1	72,79	75,15	Enough
	Indicator 2	77,21		
	Indicator 3	75,74		
	Indicator 4	74,26		
	Indicator 6	75,74		
Game Model 6	Indicator	Value	Value Accumulated	Expalanation
	Indicator 1	79,41	78,24	Enough
	Indicator 2	80,15		
	Indicator 3	77,21		
	Indicator 4	76,47		
	Indicator 6	77,94		

Referring to Table analyzes the percentage of evaluation results in chapter III, based on the description of each model of the game on the table the accumulated value of the above, it can be concluded that for the result of the accumulation value gaming model III categorized as invalid, so the game model III can be used in learning the triple jump , While the description of the results of the accumulated gaming model I, II, IV, V, and VI in the category is quite valid, so the game model I, II, IV, V, and VI can be used in learning the triple jump.

CONCLUSION

1. Based on the calculation results of the student questionnaire that modifications triple jump learning to play the game model approach which is designed to effectively help students can learn the movement's triple jump.
2. In achieving the learning objectives that can be achieved not only with good learning approaches or the most good, professional teachers and advice and infrastructure is complete and good, but the role of self-motivation on the students themselves also have a role to mtercapainya learning objectives.

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Performance Evaluation Referee - Jury East Java Regional Championship 2016

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A. Abstract

In the regional championship even Referee-Jury is one of the most important parts of success or the success of a championship. The method in this research use qualitative research. This study aimed to evaluate the performance of the referees-judges East Java swimming championships Regional Championship (Regional Championship) in 2016. The instrument used in this research was a questionnaire. The questionnaire contains statements concerning the answers about the opinions of coaches and athletes to performance-judge referee pool Regional Championship (Regional Championship) in 2016. Based on the results that the performance of the referee in eastern Java championship in 2016 received an average of 3.18%. So we can conclude that the performance of the referee in the championship jatim eastern Java in the category less.

Keywords: Evaluation Referee-Jury Swimming Regional Championship

B. Background

Iven the many championships in East Java, one of which is the regional championship which is held every year, in the region championship even Referee-Jury is one of the most important parts of success or the success of a championship.

C. Problem Formulation

Based on the background described above, the issues discussed in this study are:
How is the performance of referee-jury pool in East Java in 2016 regional championship?

D. Objective

The purpose of this study was to evaluate the performance of the referee-judge swimming Regional Championship 2016.

E. Method

The method in this research use descriptive method that aims to gather real-time information that describes in detail the existing symptoms, identify the problem or check the conditions and practices that apply.

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F. Types of Research

Qualitative research is a study undertaken to understand the phenomenon in depth by researchers as the main instrument.

This study aimed to evaluate the performance of the referees-judges East Java swimming championships Regional Championship 2016

G. Sources of Data

Retrieval of data obtained through the focus groups conducted in even Championship Regional Championship 2016 housed in the pool GOR Sidoarjo on 30 maret, 1-2 April 2016 at 08.00 pm until 20:00 pm. Questionnaires were distributed to all coaches and athletes sporting participants in the Regional Championship 2016 amounted to 31 regions (Based on the book sporting events Regional Championship 2016). The data obtained are presented in the data tables filling the questionnaire results

Population sampling using a sample in which all the participants who were taken as well as sample population. In 2006 Arikunto mention if the population is less than 100 then the population sampled, so in this study the researchers used whole existing population to be sampled is a number of 31 participants that included trainers in each region.

H. Research Instrument

Instruments used in this research is a questionnaire, because the questionnaire can be answered by the speed of each, and according to respondents' leisure time. The questionnaire is closed or existing answer so that the respondent can just choose (Arikunto, 2006: 152).

The questionnaire contains statements concerning the answers about the opinions of coaches and athletes to performance-judge referee pool Regional Championship 2016

I. Data Collection Techniques

Mechanical pngumpulan data is the most strategic step in the study, because the main goal of the study is to get the data. Without knowing the data collection techniques, the researchers will not get the data that meets the standards of data set (Sugiyono, 2008: 224).

The next step is to coordinate especially on the side that will be used as a place of research, field surveys to determine the actual condition and provide information related to research activities to be conducted.

After all it was carried out the next step is to prepare research instruments in the form of a questionnaire as a benchmark for collecting data filled by the respondent (the coach).

The next step to validate a questionnaire made herein investigators identified three experts to be a validator among expert organization and administration of swimming races, expert Referee-Jury and the expert commission swimming technique.

J. Result

N O	Regional	POINT																				Avara ge
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1	Kota Surabaya	2	3	3	2	3	3	3	2	3	2	3	3	3	3	3	3	3	3	3	3	2,79
2	Kab. Jember	3	3	3	3	3	3	3	3	4	4	4	3	3	3	3	3	3	3	4	3	3,21
3	Kab. Magetan	4	3	3	3	4	4	3	4	4	3	4	4	4	3	4	3	4	4	4	4	3,63
4	Kab. Madiun	3	4	4	4	4	4	4	4	3	4	4	4	4	4	4	3		4	3	4	3,78
5	Kab. Banyuwangi	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
6	Kab. Sidoarjo	3	4	2	3	3	3	3	2	3	2	3	3	3	3	3	3	3	3	3	4	2,89
7	Kab. Tulungagung	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4,00
8	Kab. Tuban	4	2	4	4	4	4	4	4	4	4	4	4	4	4	3	4	4	4	4	4	3,84
9	Kab. Pacitan	3	3	3	3	3	3	4	3	3	4	4	3	3	4	3	3	3	3	3	4	3,21
10	Kota Probolinggo	3	3	4	3	3	4	3	3	3	3	3	4	4	3	3	3	3	3	4	4	3,26
11	Kab. Malang	3	3	3	3	3	4	4	3	0	3	3	4	3	3	3	3	3	3	4	3	3,22
12	Kota Mojokerto	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
13	Kota Kediri	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
14	Kab Jombang	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	3	3	3,11
15	Kab. Mojokerto	3	4	4	4	4	3	3	4	3	4	3	4	4	4	4	4	4	3	3	4	3,63
16	Kab. Probolinggo	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
17	Kab. Lumajang	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2,89
18	Kab. Bondowoso	4	4	3	3	3	2	2	2	2	3	2	3	3	3	2	2	2	3	4	2	2,74
19	Kab. Pasuruan	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
20	Kota batu	4	4	4	4	3	4	4	3	3	4	3	3	4	4	3	3	3	3	4	4	3,53
21	Kab. Bojonegoro	4	3	3	3	3	3	3	3	3	4	4	3	4	0	3	3	3	3	4	3	3,28
22	Kab. Gresik	3	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3	3	3	2,95
23	Kota blitar	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
24	Kota Pasuruan	3	3	3	3	3	3	3	3	3	3	2	3	3	3	4	3	3	3	3	3	3,00
25	Kota Malang	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3,00
26	Kab. Ponorogo	3	3	3	3	3	3	3	3	2	3	3	3	3	2	3	3	3	3	2	3	2,84
27	Kab. Blitar	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	2,95
28	Kota. Madiun	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
29	Kab. Sumenep	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
30	Kab. Ngawi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
31																						

Result	3,1 1	3,1 9	3,1 9	3,1 5	3,1 9	3,2 2	3,1 9	3,0 4	3,0 8	3,2 2	3,1 9	3,2 6	3,3 0	3,1 9	3,1 1	3,0 7	3,1 5	3,1 9	3,3 0	3,3 0	3,18
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Based on the results of the above table Preparation before the referee in charge of 3,11%, the Referee has full control of the swimmers as much as 3.19%, stipulate disqualification against swimmers who violates the rules of 3,19%, coordination between the referee referee the other three, 15%, referee make decisions autonomously and independently set by regulatory swimming (FINA rule) 3.19%, referee already carrying out tasks according to the race regulations swimming (FINA rule) 3.19%, reporting the results of the corresponding record time and passed by the head of the race at 3.22%, the Professional referee in charge of 3,19%, referee perform key functions in earnest 3.04%, 3.08% Neatness in uniform, ability to carry out the task with the work that is far in excess of the results the average work defined, both in terms of quality and quantity of 3.22%, ability to utilize the facilities provided in carrying out the task to produce something that maximum (effectively and efficiently) 3.19%, Obedience in running order of the head of the race 3 , 26%, Obedience to follow the activity in charge of 3.30%, discipline in complying with the duty of 3.19%, the ability to submit an explanation verbally or in writing (description disqualification) 3.11%, ability to coordinate the implementation of the tasks 3.07%, ability to appreciate the opinions of others in carrying out the duties of 3.15%, ability to act decisively, fair and thoughtful 3.19%, ability finish the job that is charged with the task as instructed 3.30%.

K. Conclusion

Based on the results that the performance of the referee in eastern Java championship in 2016 received an average of 3.18%. So we can conclude that the performance of the referee in the championship jatim eastern Java in the category less.

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