

The Development of Audio Visual Tutorial Media Learning On Case Based-Method Breaststroke Swimming Style Basic Swimming Course PKO Study Program, FIK UNIMED 2022

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Abstract. This study aimed to develop audiovisual tutorial media learning on case based-method breaststroke swimming style basic swimming course PKO study program FIK UNIMED 2022. Video is an audiovisual medium that can convey information clearly through films, pictures, and sounds. This study uses Research and Development (R&D) to customize his 4D model. The evaluation sheets or questionnaires for evaluating learning media can help material experts, media experts, case method experts, lecturers, and learners. The qualitative data analysis took the form of criticisms and recommendations from media experts, material experts, lecturers, and students. The result is four 4D steps which are defined, designed, developed, and disseminated. The result of the research analysis is the development of a learning medium using audiovisual breaststroke with the case method of the basic course swimming of the learning program PKO FIK UNIMED in 2022, with an excellent material expert rating of category 3.07 and a media experts of 3.05 Out of 5 for the good category.

Keywords: Breaststroke Swimming, Cased Based-Method.

1 Introduction

Learning basic swimming skills requires several of methods and strategies to meet learning objectives. One of them is applying the case method or case method. The case method is discussion-based participatory learning to solve cases or problems. This case method is a type of problem-based learning. Students have the main role in problem-solving, while lecturers act as facilitators who are tasked with observing, asking questions, directing discussions, asking questions, and observing existing problems. The application of the case method requires adjunct learning media to support the teaching and learning process. Hajar AH Sanaky (2013) stated that learning media are functional tools that may be used to convey learning messages. Basic swimming skills course is for all students enrolled in the Sports Coaching Education (PKO) study program at FIK UNIMED must take in order to develop the cognitive and physical skills

required for sports. Based on observations, many students of the PKO FIK UNIMED study program still have difficulty and have been unable to master the breaststroke swimming technique properly and correctly. The fact that when students perform the movement technique, the student's body position is below the surface of the water, the leg movements from the knees to the ankles are stiff, and it is wrong when doing foot movements, especially the ankles. Arm movements also experience technical errors when pulling the hands to the side, breathing is done too early and there is no coordination of the feet, hands, and breath.

The ability of students in mastering the breaststroke swimming technique can be influenced by differences in intelligence, and the ability to master the subject matter between one student and another. Azwar (2008) that the determinants of the success of students in the academic field can not only be seen from the aspect of intelligence, but other supporting factors can make students achieve optimal results. This condition is a problem so it is necessary to apply case method learning in audiovisual form.

Starting with this problem, the researcher tries to provide an overview of the swimming movement errors in the type of case-based learning media. The swimming video of breaststroke displays various swimming techniques and movements that students should not do in the implementation of learning, finally, students cannot master the correct basic breaststroke swimming technique. The offered learning messages can be factual, informational, educative, or instructive. Learning video is a message-delivery medium that includes audio-visual media and hearing-view media. Pure and impure audio-visual media are included in audio-visual media, whereas video includes only pure audio-visual. 2015 (Budi Purwanti).

2 Method

The time of research was conducted during the odd semester of the Sports Coaching Education study program, FIK UNIMED. The research was conducted at the UNIMED Swimming Pool, Jl. Williem Iskandar V Medan Estate.

To carry out a needs analysis, there were 1 swimming expert, 1 media expert, and students of the PKO FIK UNIMED study program at the Faculty of Sports Science, UNIMED.

This study used Research and Development (R&D) means product-oriented. Endang Mulyatiningsih (2012) the 4 D model, which consists of four stages of development. It planned to create a product for PKO FIK UNIMED students in the form of a Video Compact Disk (VCD) tutorial learning based on the breaststroke swimming method in 2022. Composition and creation activities were among the activities carried out in a case-based tutorial learning media for the breaststroke swimming method based on needs analysis by collecting data from stakeholders, lecturers of basic swimming courses from 3 (three) study programs at FIK UNIMED related to the curriculum (syllabus and RPS) used so far. The sequencing and depth of the material and visuals are still important considerations in the production of VCD goods. The compiled data is then used in a seminar to create teaching materials in the form of VCD as a case-based tutorial learning medium for the breaststroke swimming method, which is based on cases of errors that occur when performing the breaststroke swimming action.

Table 1. Activity Details of Each Activity as Well as the Indicators of Research.

Activity	Achievement Indicator	Implementation Techniques
1. Needs analysis	1.1. Analysis of books by the syllabus, RPS, learning outcomes, and lecture constraints so far 1.2. Analysis of the needs of stakeholders. 1.3. Need analysis from a swimming expert	1.1. Preparing a VCD draft according to the syllabus and RPS that have been reviewed. 1.2. Competency demands of graduates from stakeholders. 1.3. Formulation of graduate competencies development based on sports experts.
2. Re-design the VCD according to the syllabus and RPS	2.1. Making VCDs according to the syllabus and RPS based on stakeholder needs	2.1 VCD according to Syllabus and RPS which is based on the needs of stakeholder.
3. Developing learning media Tutorial Based on Case Method Swimming Breaststroke in the form of Video Compact Disk (VCD)	3.1 Gather materials from stakeholders. 3.2 Gather materials from experts. 3.3 Collecting materials from peer lecturers (benchmarks). 3.4 Develop, and print out a problem-based breaststroke swimming independent learning module 3.5 Seminar on self-study module materials2. Re-design the VCD according to the syllabus and RPS	3.1. Appropriate and potential VCD from stakeholders 3.2. Compatible VCD and potential based on expert 3.3. Potential VCD based on Swimming Learning Techniques 3.4. Potential VCDs are arranged according to depth based on the formula Competence 3.5 Good VCD for seminar-based course.
Output	Video Compact Discs (VCD) and YouTube Learning Media Tutorials are used as teaching tools based on Case Method Swimming Breaststroke Basic Swimming Skills Course at PKO FIK UNIMED in 2022.	

3 Results and Discussion

The data from the material experts' validity consists of two aspects: the content of the learning media and the quality of the audio-visual learning media for breaststroke swimming tutorials based on the case method of PKO UNIMED students. In the first stage, based on the data received, the material expert determined that the learning media product in the form of audiovisual instructional breaststroke swimming based on the case method from the learning media's content aspect was "good," with an average score of 3.9. While the material expert's evaluation of the quality of learning media falls into the "good" category with an average score of 3.05.

The following stage will be to test the usage of audio-visual learning media for breaststroke swimming tutorials using the case method of PKO UNIMED students who have the same characteristics, namely students who attend basic swimming lessons. The data includes aspects of the content of the tutorial learning videos. This study shows that the case technique was used to develop the student's appraisal of the quality of the audio-visual learning resources in the breaststroke session. In addition, qualitative data in the form of suggestions and input were also obtained as material for the revision of audio-visual tutorial learning media products Twenty-five PKO FIK UNIMED students participated in this trial. Student assessment of the case method-based breaststroke swimming learning with an average score of 4, the audio-visual

Learning media instruction for basic swimming skills courses is of high quality. Student evaluation of the learning aspect revealed that the quality of the audio-visual learning material for PKO UNIMED students' breaststroke swimming lessons based on the case approach was extremely good, with an average score of 3.9. The questionnaire has 10 items for this assessment. Learning media for breaststroke swimming based on the chest method is done by looking at movement errors which include foot movement errors, hand errors, breathing errors, and coordination of foot, hand, and breathing movements.

The error correction activity was carried out with group discussions consisting of several students, with one student making the above mistakes. Errors in foot movements will result in correct movements so that students know where the foot errors are. Likewise, the hand movement errors were discussed in the group so that the correct hand movements were found. As well as breathing.

4 Conclusion

It can be concluded from the assessment carried out by the Materials expert on the audio-visual case-based tutorial learning of the swimming style, the basic swimming skills course with an average score of 3.01 falls into the good category. The assessment carried out by media experts, gave an assessment of the audio-visual learning case-based tutorial on the breaststroke swimming method in the basic swimming skills course with an average score of 3.03, placing it in the good category.

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