

Development Of Teaching Materials For Recreational Sports Courses To Improve The Quality Of Learning Students Department Of Sports Sciences

Puji Ratno¹, Zulfan Heri², Zulfahri³

{pujiratno@unimed.ac.id, zulfanheri@unimed.ac.id, zulfahri@unimed.ac.id}

Sport Sciences Department, Universitas Negeri Medan, Indonesia^{1,3}, Sport Education Coaching Department, Universitas Negeri Medan, Indonesia².

Abstract. The availability of high-quality teaching resources that align with the learning objectives is a crucial component of the teaching and learning process. This is because teaching materials are collections of information that will be presented. Effective teaching resources must be modified to meet the objectives and skill levels of the students. The goal of this project was to create textbook-style teaching materials for students enrolled in the Sports Science study program for recreational sports courses. The research and development technique is used in this work. This research activity was carried out at the Faculty of Sports Science, Medan State University, involving 60 students as a sample and 3 experts in recreational sports and 2 lecturers in outdoor sports. The results of this study produced textbooks with the following book framework: . History and nature of recreational sports. Classification of recreational sports material, equipment and maintenance of outbound equipment, management of outbound activities and technical implementation of outbound activities, Games in Outbound, rope tamali, rafting, adventure in nature and camping.

Keywords: Development, Material, Teaching, Sport And Recreation.

1 Introduction

The changing times have had an impact on Indonesian education as well, leading to a change in the country's educational objectives. The goal of national education has changed due to globalization, which has affected the entire world in the twenty-first century. It is now more focused on education as a commodity and places more emphasis on mastering science, technology, and the arts (IPTEKS), which is pragmatic and materialist. Naturally, this concerns us all, as the goals of National Education, as outlined in Law No. 20 of 2003, Article 3, are not just focused on materialism and pragmatism but also aim to build. The current character crisis in education is causing a shift in the goals of national education, which is being felt more and more. This is because pragmatism, in trying to meet the demands of the

labor market, emphasizes materialistic issues more than nationalism, social justice, and teaching citizens how to be morally upright human beings.

Educational plan is the backbone of a school program so its presence requires dynamic plan, execution and assessment as per the times, logical, innovative and imaginative necessities (IPTEKS) and abilities required by the local area as well as college graduate clients. The quick improvement of science and innovation in the 21st century follows a logarithmic example, causing advanced education principles (SN-Dikti) to likewise follow these changes. In six years, SN-Dikti has gone through three changes, to be specific from Permenristekdikti No.49 of every 2014 to Permenristekdikti No.44 of every 2015 lastly to Permendikbud No.3 of every 2020, as per the strategy of the Service of Training and of Culture concerning opportunity at the Merdeka Exploration Grounds (MBKM). For the general public, this change is often mistakenly perceived as a necessity that every time the education minister changes, the education curriculum also changes. In any case, really changing the training educational program is a need the same length as it doesn't struggle with the instructive way of thinking and guidelines that apply.

To plan understudies to confront social, social, universe of work changes and quick mechanical advances, understudy abilities should be ready to be more applicable to the necessities of the times. Connection and coordinate not just with the universe of industry and the universe of work yet additionally with a quickly evolving future. Advanced education is expected to have the option to plan and execute imaginative growing experiences so understudies can accomplish learning results covering parts of disposition, information, and abilities ideally and consistently pertinent. It is trusted that the Merdeka Grounds can be the response to these requests. The Merdeka Grounds is an independent and adaptable type of learning in tertiary establishments to make a learning society that is imaginative, not prohibitive, and as per the requirements of understudies.

In the improvement of the educational plan in tertiary establishments, the Public authority through an Official Guideline has given Official Declaration no. 08 of 2012 concerning. The Indonesian Public Capabilities System (KKNI) and its Connections are a reference in setting up the gaining results of graduates from each degree of training broadly, to guarantee the nature of tertiary alumni all through Indonesia. In this manner, the Service of Schooling and Culture has given a pastoral guideline which controls specialized directions in regards to the execution of the Official Pronouncement through Ecclesiastical Guideline Permendikbud no. 73 of 2013.

The recreational sports course is a competency course for the Sports Science Department which will be taken by students in semester IV. In general, this course aims to provide knowledge, understanding, and skills about various, the history of recreational sports, recreational sports activities, management of recreational sports activities, in the form of activities in the wild. The main objective of recreational sports activities is to make a real and very valuable contribution and provide inspiration for the well-being and survival of society both physically, spiritually and socially. Its meaning in recreational sports is not just physical activity, but more broadly related to the aim of improving the quality of the mental and social aspects as a whole and contributing to the life of each individual.

2 Literatur Review

Showing materials are materials (both data, devices, and text) that are efficiently organized, which show a total figure of the skills that will be dominated by understudies and utilized in the educational experience determined to plan and concentrating on the execution of learning. For instance, course readings, modules, presents, worksheets, models or mockups, sound showing materials, intuitive showing materials, etc. As per the Public Place for Ability Based Preparing, showing materials are types of materials used to help educators or teachers in completing the growing experience in class. The material being referred to can be composed or unwritten material. The perspectives on different specialists say that showing materials are a bunch of materials that are organized deliberately to establish a climate or environment that permits understudies to learn.

Showing materials are important for a few learning assets through learning materials which are bundled as materials to be introduced in the growing experience. Showing materials are learning assets or actual vehicles that contain informative material that can invigorate understudies to learn. Showing materials in the growing experience are a significant component in the growing experience, this is on the grounds that showing materials are the material that will be conveyed. Great showing materials should be adjusted to the objectives and abilities expected of understudies. Showing materials will decide if the normal learning capability objectives are accomplished. Hence showing materials are the center of the educational program what capabilities for of accomplishing objectives in the growing experience.

The showing materials are introduced as depictions, which contain realities and standards, standards, which connect with rules, values and mentalities, as well as a bunch of engine activities/abilities. Accordingly, learning materials essentially contain information, values, mentalities, activities and abilities which contain messages, data and representations as realities, ideas, standards and cycles connected with specific subjects which are aimed at accomplishing learning goals.

Directed by the Public Games Framework Regulation Number 3 of 2005 that adroitly and as far as sporting games are sports/proactive tasks did by people, gatherings or networks fully intent on acquiring wellbeing, actual wellness, bliss, building social relations, protecting and expanding the lavishness of provincial and public culture. Richard (2013) in his book Sporting game programming specifies sporting games including actual work, sporting projects, intramural games, actual amusement, and sports. Besides, it is expressed that there are 4 vital subjects in sporting games, in particular wellbeing, extra energy, entertainment and sports. Sporting games are additionally called sports for all which are done for different purposes, particularly for entertainment only and amusement during spare energy. In Indonesia, sport for all has been campaigned since the 1980s with the slogan "to socialize sports and cultivate people" and was followed up at that time by carrying out a presidential charter Indonesian physical fitness test.

In light of the definition above, it very well may be seen that sporting games should be possible by anybody, anyplace, whenever, and with any movement. Sporting games are not restricted by age, orientation and state of an individual. Sporting games should be possible inside or outside without being limited by a specific time. While exercises should be possible

with various exercises. Sporting games should be possible by anybody without unique prerequisites in light of the fact that the fundamental objective is to fabricate and foster actual wellness. In contrast to educational sports and achievement sports. Sports education is closely related to educational units, for example there are students and educators with the main goal of being healthy, fit and skilled, intelligent and of noble character. Achievement sports are closely related to the ultimate goal of becoming a champion.

In Indonesia, the parent organization for recreational sports is the Indonesian Community Recreational Sports Federation (FORMI = Indonesia Sport for All Federation) and has become a member of TAFISA (The Association for International Sport for All). Based on the objectives, the activities that can be carried out in recreational sports are physical activities including sports and traditional sports. For example, in the morning before work, walk, jog and cycle. In the afternoon/even at night he comes home from work playing badminton, tennis, futsal, etc. This activity can be done either alone or with friends with joy and a happy mood. This recreational sport is carried out on a community basis by paying attention to the principles of easy, inexpensive, attractive, beneficial and mass. If sports activities are chosen for recreational sports, it is important to pay attention and note that the sports are carried out in an effort to develop and shape physical fitness (not elite sports where the target is to win or become a champion) and at the same time to gain joy before, during and after the activity. Sport or physical activity is used as a means of recreation, with this activity the perpetrator becomes healthy and fit and gets the benefits of recreation "creating something new (from routine work) and also revitalizing a new spirit of life" (Hayden Ramsay in his book *Reclaiming leisure: art, sport and philosophy*). Individuals who are physically fit, happy with their lives, and always enthusiastic about their lives are expected to be individuals who are productive in their work and creativity so that they can contribute positively to building the life of their family, community and nation. Whatever activities are carried out in recreational sports, the main goal is to develop and improve physical fitness. Quoting the opinion of Corbin et al (2008) in their book *Concepts of Physical Fitness: Active Lifestyles for Wellness* that physical fitness is the body's ability/ability to carry out its functions effectively and efficiently. Physical fitness is related to a person's ability to do work effectively, enjoy free time, be free from sedentary diseases, and still be able to carry out activities even in emergency situations. In this case there are 5 components related to health and 6 components related to skills and each component contributes to the total quality of life.

This recreational sport can be held in the form of festivals from regional to national levels such as the National Recreational Sports Festival (FORNAS). So, recreational sports apart from aiming for physical fitness, also seeks to preserve regional and national culture, as well as establishing and increasing social relations and fun. Therefore, the main indicator of success in organizing recreational sports (sport for all) lies in participation and the element of excitement for the community. The recreational sports movement, which was once campaigned to "promote sports and exercise in society" has recently been revived again.

For example, the "car free day" policy, the cycling community and even the Ministry of Youth and Sports have declared "National Cycling Day". Various physical activity clubs emerged, both officially organized and just a place to gather to do the same activities and eventually various communities were formed. Physical fitness clubs are increasingly in demand by the public. Awareness of the importance of physical fitness is getting better. Internalized awareness is born into a need.

Awareness and need for physical activity in daily life. The public is invited to actively participate in sports activities and not just enjoy being spectators. In order for the movement to popularize sports and exercise in society to become a culture, it needs to be managed well. Therefore, the Indonesian government feels it is necessary to form a field to deal with it. At the youth and sports ministry level there is a deputy for sports culture which is also followed up to the provincial and district/city youth and sports services, namely the field of sports culture. To entrench sports culture in people's lives, the government should provide community sports infrastructure and facilities from villages to cities, especially in the open air such as stadiums, sports buildings/rinks that can accommodate various physical/sport activities, various challenging but exhilarating sports facilities. No less important is the availability of sports personnel who can guide people in carrying out recreational sports activities correctly according to scientific principles in order to obtain optimal results. All recreational sports facilities are also endeavored to invite as much as possible and accommodate community participation. Physical activity is expected to become a need for individuals, families and society. It is hoped that in a healthy body there will be a healthy soul. Therefore, if someone wants to become an athlete, he or she needs to have a higher level of physical activity than other people.

Development of Teaching Materials

The nature of schooling and preparing program is impacted by many variables, including the nature of showing materials, foundation, climate, etc. Showing materials as one of the apparatuses in learning exercises in their satisfaction should be as per the ideal capabilities, without understanding this, anybody who will foster showing materials will encounter challenges.

Showing material advancement exercises are scholastic exercises that can be completed by understudies themselves. This showing material backings the schooling and preparing process completed. The improvement of showing materials is done in light of an orderly cycle so the legitimacy and dependability of the showing materials can be ensured. There are a few factors that can influence the nature of showing materials and must constantly be viewed as during the time spent creating showing materials, to be specific substance, scope, clarity, language, delineation, appearance and bundling. The nature of showing materials truly relies upon precision in considering these variables in creating educating materials.

Precise advancement of showing materials begins from the plan and improvement process, which can appear as creating exercises yourself, or utilizing existing instructing materials, to testing educating materials. Information on the variables that impact the nature of results should be viewed as in creating showing materials and precise showing material improvement techniques are additionally required.

3. Method

This study utilizes an Innovative work approach or improvement research. This exploration starts with an investigation of the necessities of the client as a material to re-plan the educational program. Followed by gathering materials to accumulate instructing materials.

This examination was directed to create showing material items as print out of sporting game books. The exercises helped out incorporate overhauling the educational plan through needs examination by gathering information from partners, sporting game mentors, sporting games instructors, connected with the educational program (silabus and SAP) utilized up to this point. Information were likewise gathered from partners, , sporting game coaches, sporting games teachers. The readiness of showing materials actually focuses on the arrangement and profundity of the material examined. The instructing materials that have been arranged are then held in classes to create showing materials as print outs of good practice sporting game books that are as per the requests of ability.

Result

This examination has delivered a sporting sportsbook structure that has gone through a few master approval processes, to meet the prerequisites being developed exploration. The structure for the items in the book is: History and nature of recreational sports. Classification of recreational sports material, equipment and maintenance of outbound equipment, management of outbound activities and technical implementation of outbound activities, games in outbound, tamali ropes, white water rafting, adventures in nature and camping, management of outbound activities, procedures for making outbound games. These outcomes were acquired from one center gathering conversation (FGD) and two master approvals. The main stage, through drafting by scientists, has recognized a great deal of instructing material that should be dominated by understudies to comprehend the substance of sporting games courses with the momentum MBKM educational program, with different sorts of tasks as standard tasks, looking into books, investigating diaries and making undertakings and little examination.

Overall, objective of this course is that understudies can dominate and comprehend the administration of sporting games exercises, both in orchestrating sporting games exercises, both as high effect, low effect and center effect games. This course takes place in theory and hands-on practice in the field of the Faculty of Sports Science, practical activities in the form of compiling recreational sports activity programs, history and nature of recreational sports. Classification of recreational sports material, equipment and maintenance of outbound equipment, management of outbound activities and technical implementation of outbound activities , Outbound games, tamali rope, white water rafting, adventure in nature and camping.

Discussion

Center gathering conversations were done to get input from specialists, particularly specialists in outside sports and gaming sports to get input in regards to the draft instructing materials that will be created in the planning of course books for sporting games courses. There were 5 specialists associated with the FGD creating showing materials for this sporting games course. Three sporting games subject matter experts, and two minor games trained professionals. The consequences of the FGD incorporated a few contributions to additionally refine the draft instructing materials.

From the 10 materials proposed in the initial draft during the FGD, it was reduced to 8 materials after the FGD was carried out, namely, History and nature of recreational sports.

Classification of recreational sports material, equipment and maintenance of outbound equipment, management of outbound activities and technical implementation of outbound activities, Games in Outbound , tamali ropes, rafting, nature adventures and camping.

After the FGD is carried out, an expert validation test is then carried out to determine whether the draft material for teaching materials for recreational sports courses is suitable to be used as material in teaching materials for weight training courses in accordance with the MBKM curriculum. This validation test involved one expert in recreational sports and small sports games. Approve draft materials for teaching materials for recreational sports courses with a book framework, namely. History and nature of recreational sports. Classification of recreational sports materials, equipment and maintenance of outbound equipment, management of outbound activities and technical implementation of outbound activities, games in outbound, tamali ropes, white water rafting, adventuring in nature and camping.

Conclusion

Subsequent to come by the consequences of the exploration and furthermore having examined in the past section, the finish of this study is the plan of a sporting games book structure that has gone through a few master approval processes, to meet the prerequisites being developed examination. The structure for the items in the book is: History and nature of recreational sports. Classification of recreational sports materials, equipment and maintenance of outbound equipment, management of outbound activities and technical implementation of outbound activities, games in outbound, tamali ropes, white water rafting, adventuring in nature and camping.

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