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Physical Fitness Gymnastics Training for Improving the Quality of Physical Education Student

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Abstract

Increasing the competence of graduates is one of the Merdeka campus programs contained in key performance indicators 1 and 2, namely obtaining decent work and experience outside the campus. Preparing the competence of graduates, the Physical Education study program conducts physical fitness gymnastics training in collaboration with the Aceh Provincial Dispora. The activity was carried out for three days at the Multipurpose Building of Universitas Samudra, from February 1 to 3, 2024. The method of implementing activities uses participatory Action Research (PAR) with five stages: Planning, Implementation, Analysis, Action, and Sustainability. Activities include initial tests, material submission, practice tests, evaluations, and recommendations. There were 30 participants in physical education at FKIP Universitas Samudra semester IV. The assessment results of the guide resource persons showed that 13 categories were excellent, 14 were good, and three were in the sufficient category. Participants with good categories totalling 13 people are recommended to become trainers in campus environments, gymnastics studios in Langsa City, and government and private institutions.

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INTRODUCTION

Physical fitness is one of the programs that the government is promoting through various policies (Nova, Sinulingga, et al., 2023). Government policies, through Perpres No. 86 in 2021 and National Sports Law No. 11 in 2022, aim to promote sports that lead to a fit Indonesia.

Supporting the central government's program, the Ministry of Youth and Sports responded by issuing Permenpora No.1-year 2022 about measuring the Sports Development Index (SDI). This step is part of the government's policy to support a fit Indonesia through *sport for all* (Ramadhan et al., 2020).

The Fit Indonesia program launched by the government needs to be applied to all levels of society by cultivating sports in various fitness activities. Fitness activities can be done at gyms, fitness communities, and physical fitness gyms (Rasyidi et al., 2023).

Maintaining physical fitness can be done by many methods, including physical fitness exercises (Rozi & Lutfiah, 2022). Physical fitness gymnastics is currently very popular in the community and company environment. It has become a routine in several government institutions, carried out on Friday and Sunday mornings. The public's great interest in doing physical fitness gymnastics certainly requires a gymnastics trainer as a leader who guides the implementation of fitness gymnastics.

Becoming a sports worker, especially a physical fitness trainer, requires special abilities (Agustin & Fitriawan, 2023). This special ability can be obtained through physical fitness training ranging from beginner to advanced stage specialized in fitness gymnastics.

The public's interest in participating in physical fitness gymnastics allows students of the Physical Education Study Program Universitas Samudra (UNSAM) to develop competencies to become physical fitness trainers. Becoming a fitness gymnastics trainer can be achieved by conducting training that can improve students' abilities. Competency improvement must be provided to equip students with professional training (Nova, Kurniawan, et al., 2023). Professional training that supports and provides many opportunities, including becoming a fitness trainer

In addition to having the opportunity to become physical fitness trainers, equipping students to become sports personnel is also part of the goal of supporting key performance indicators higher education by providing off-campus experience and accelerating employment (Sianturi et al., 2023). The achievement of key performance indicators can be achieved by developing student competencies by increasing the capacity of sports personnel who have the opportunity to absorb graduates, such as physical fitness trainers.

Implementation of competency improvement training for physical fitness trainers in collaboration with the Youth and Sports Office (DISPORA) Aceh Province. The target participants of the activity are students of the Physical Education Study Program UNSAM semester IV who take physical fitness gymnastics courses.

Increasing the capacity of fitness gymnastics sports personnel, opening up opportunities to become trainers and increasing KPIs also aim to find relevance between the courses followed and the field's work challenges. The activities were debriefed intensively and measurably according to the achievement category of participants who participated in training activities.

Participants will be given an initial understanding of physical fitness gymnastics and then provided training. The final session is a test conducted individually and in groups. The test examiner is a team sent from the Aceh Dispora, which is in charge of improving youth's fitness and gymnastics competence. The final test results will be an indicator of the participant's graduation. Participants with a good category will be recommended to become physical fitness trainers at an institution collaborating with the Physical Education Study Program UNSAM.

METHOD

The training activities were carried out for three days in a multipurpose building at Universitas Samudra. The implementation was carried out for three days, from 1 to February 3 2024. The participants were students of the Physical Education Study Program UNSAM semester IV, taking physical fitness gymnastics courses. The number of participants in the activity was 30.

The method of implementing activities uses Participatory Action Research (PAR), with five implementation steps starting with planning field activities, implementing activities, analyzing activities, and taking sustainable actions (Rusli et al., 2024). Figure 1 shows the following stages of the training activity planning flow.

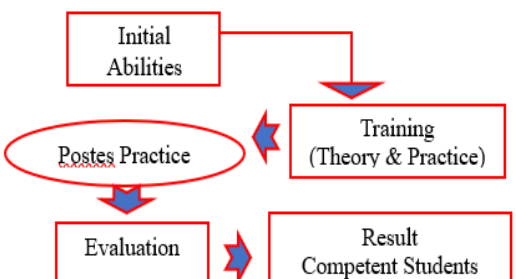

Figure 1 Stages of activities

1. Stage 1. The initial test of the participant's ability, this section aims to identify the participant's gymnastics competency ability. Initial abilities are in the form of basic movement techniques and knowledge of fitness gymnastics. The practical test includes basic movements of fitness gymnastics, such as rhythm, basic steps, and movement harmony.
2. Stage 2. The Aceh Dispora team for fitness gymnastics delivered the material in collaboration with effective lecturers of physical fitness gymnastics courses. The material provided includes theoretical and hands-on practical materials. The theoretical material includes the initial movements that are tested in point 1.
3. Stage 3. Practice fitness gymnastics movements individually. Each participant performed fitness gymnastics movement practice, and other participants analyzed and provided input on inappropriate movements.
4. Stage 4. Participants did the final posts after receiving material from the speakers. Theoretical posts were in the form of understanding and direct observation, while practice was done by doing fitness gymnastics practices formed in groups and doing group practices.
5. Stage 5. Evaluation of activities that includes evaluation of implementation and assessment of activity participants.
6. Next, we want to produce students who are competent in physical fitness gymnastics and who will be recommended to become fitness gymnastics trainers.

RESULTS AND DISCUSSION

The beginner-level physical fitness gymnastics training activity was carried out for three days which was opened by the Dean of the Faculty of Teacher Training, University of Samudra and the Head of the Aceh Provincial Youth and Sports Office as a cooperation partner and the main speaker facilitator provider consisting of two speakers. The first speaker was a fitness gymnastics coach from Dispora who presented the basics of gymnastics, and two lecturers from the PE Study Program were effective in the Gymnastics Course and had a gymnastics coach certificate.

The initial test of participants implements the first phase of training activities to identify participants' understanding so that potential participant talents can be found. The test is carried out by observation by the guide resource person so that the results are in accordance with the standard assessment criteria. This step was carried out as a guide resource person strategy for group participants and the cycle of providing materials. The results of the initial observation made by the facilitator presenter with an average ability of 30 participants are as follows (see Figure 3).

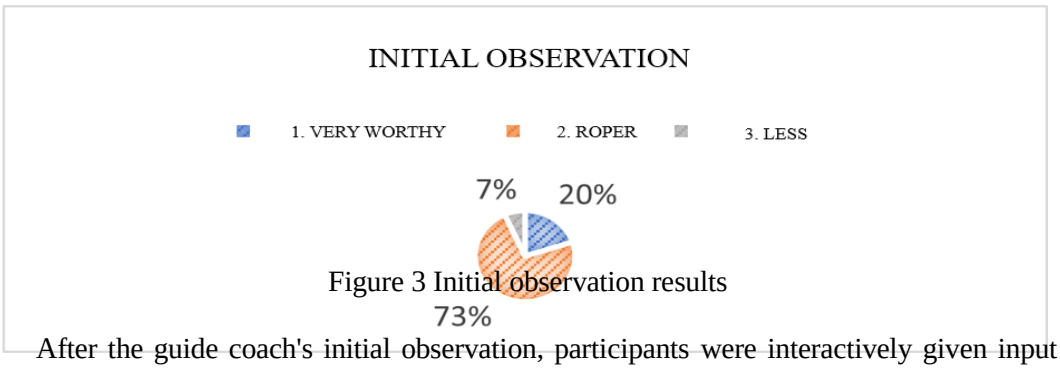

Figure 3 Initial observation results

After the guide coach's initial observation, participants were interactively given input and an initial understanding of fitness gymnastics movements. The initial emphasis was on the rhythm of the steps with rhythm and flexibility. This stage is very important for forming a cohesive rhythm with the music. The practice of basic mastery is carried out for 2 days as part of strengthening and providing intense sharpness of understanding. Practice is done with movements using music and basic rhythmic movements without music. The first speaker was a fitness gymnastics coach from Dispora who presented the basics of gymnastics, and two lecturers from the PE Study Program who were effective in the gymnastics course and had a gymnastics coach certificate. The implementation of the activities carried out can be seen in Figure 4.

Figure 4 Practice of early movement

The next stage after the initial movement material is a parallel field practice posttest, which other participants follow. Each participant was divided into six groups, each group being a fitness gymnastics guide in turn. The guide presenter assessed, evaluated, and reflected on the participants as input materials and recorded participants who met the eligibility to become trainers. The following are the activities of implementing the trainer guide carried out in Figure 5.

Figure 5 Fitness gymnastics practice

The results of the direct assessment conducted by the guide coach after the participants participated in the physical fitness training showed significant changes in them. A graph

shows an increase in their understanding and ability as seen from the practice of becoming a *trainer*. The results of the assessment given by the guide coach can be seen in Table 1.

Table 1 Student success rate

No	Range	Category	Sum
1	90-100	Excellent	13
2	80-89	Good	14
3	70-79	Enough	3
4	60-69	Less	-
5	0-59	Less	-

The assessment results carried out by the guide coach were 13 participants in the very good category, 14 in the good category and 3 in the sufficient category. After participating in the training, participants experienced a significant increase in abilities, which impacted the participants.

The organizers evaluated the activities after conducting beginner-level physical fitness training exercises. The evaluation provides an overview of information and the shortcomings of the organizers' input. The results of the evaluation became a follow-up plan for the continuation of training activities aimed at achieving higher education KPIs. Input from participants will be used to evaluate the implementation in the next edition. The results of the questionnaire distributed to participants can be seen in Figure 6.

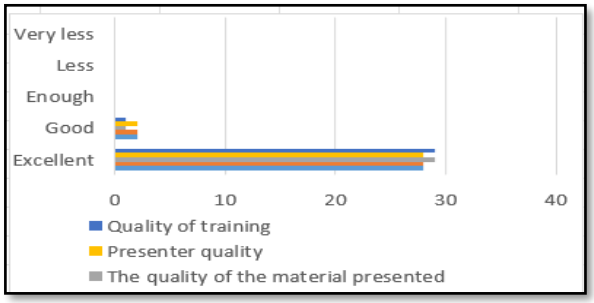

Figure 8 Activity evaluation questionnaire

The questionnaire of the evaluation results given by the participants gave a positive response, with the average answers regarding the implementation being very good. This result is certainly material for evaluating the implementation of activities carried out for 3 days to improve the quality of the next activity.

Forming a fit soul and body is the goal of every individual through various sports activities (Bayu et al., 2023). Forming a fit soul and body is the goal of the young and all groups of people, from the young to the elderly (Miftah & Lubis, 2023). The need to form a fit soul and body is currently difficult to do individually because of many influencing factors, such as a lack of confidence and enthusiasm if doing activities individually. This is why many people do fitness activities in groups at *gyms*, gymnastics studios, runner communities, and cycling and gymnastics communities.

The great interest of the community in improving physical fitness is not only a primary need but also a trend of the younger generation and is a government program towards a fit Indonesia (Nova et al., 2021). Activities routinely carried out today in the company and government environment are routine morning gymnastics every Friday and mass fitness gymnastics every week. The public's great interest, which is regularly scheduled in the government and private environment, is certainly an opportunity to become a fitness trainer. This opportunity is certainly a part that must be taken advantage of by students of the Physical Education study program through competency development.

The need to become *a* physical fitness trainer in Aceh province, especially in Langsa, is relatively high and spread across several places, such as studios, companies, and government environments. Thus, the Physical Education Study Program offers graduates the opportunity to equip students through basic-level physical fitness training.

Improving the quality of graduate students in the Physical Education study program has opportunities and many competencies that can be supported. Competence can be developed based on sports branches as coaches and referees. However, currently, what is trending is becoming a physical fitness trainer (Okilanda et al., 2020). In addition to being a physical fitness trainer, I have a great opportunity to become a fitness trainer who has a routine in companies, offices, and government environments.

Becoming a fitness trainer certainly requires special training that can be the legality of a trainer (Agustin & Fitriawan, 2023). Increasing the competence of physical education students is an effort to prepare graduates with the option not to be prospective teachers but to have competencies other than teachers. Supporting the development of competencies of the Physical Education Study Program, students conducted physical fitness gymnastics training in collaboration with the Aceh Provincial Dispora.

Student competency development is part of the independent campus program being pursued by universities (Widodo, 2021). The competency development program aims to achieve key performance indicators universities through several programs (Sianturi et al., 2023). Graduate competence is very important because it impacts the quality of graduates after students complete lectures.

As Suherman (2014) has shown, improving student competence by conducting professional training aimed at improving the quality of students can also be obtained by students through activities MBKM, namely Student Exchange in the development of competencies/skills through multi-program (Ecca et al., 2022).

The main goal of developing graduate competencies is to help students quickly absorb the world of work (Syafi'i, 2021). If graduates have good quality during their studies and get learning experiences outside the campus, this will impact the quality of graduates who are absorbed in the world of work.

CONCLUSION

Implementing beginner gymnastics training service activities aims to provide experience and competency improvement to Physical Education Students. Increasing competence provides the quality of graduates who compete in the world of work and are absorbed in the world of work. In addition to equipping student competencies, this training also aims to support higher education KPIs, namely that students get decent jobs and experience outside the campus. This goal is part of the government's program to encourage the quality of competent graduates in a certain field.

CONFLICTS OF INTEREST

The community service carried out has no conflict of interest with any party.

AUTHOR CONTRIBUTIONS STATEMENT

For community service articles with multiple authors, a short paragraph stating the contributions of each should be included. The following statement should be used: "Conceptualization, AN and MS; methodology, RZ and BA; formal analysis, MA; writing—preparation of the original draft, AT, FF, DN, and JR; Authorship should be limited to those who have contributed substantially to the reported work.

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