ABSTRAK

Oman Hadiana: Pengaruh Model Pembelajaran dan *Motor Ability* Terhadap Tingkat Kebugaran Jasmani.

Tujuan dari penelitian ini untuk menguji pengaruh model pembelajaran dan *motor ability* terhadap tingkat kebugaran jasmani. Model pembelajaran dalam penelitian adalah *direct instruction* dan permainan taktis, sedangkan *motor ability* terdiri dari tinggi dan rendah. Metode yang digunakan adalah metode eksperimen desain faktorial 2 x 2. Populasi dalam penelitian ini siswa ekstrakurikuler sepak bola 113 siswa. Sampel penelitian berjumlah 40 siswa. Pengambilan sampel menggunakan teknik *simple random sampling.* Instrumen untuk mengukur *motor ability* menggunakan *barrow motor ability test* dan mengukur kebugaran jasmani menggunakan TKJI. Hasil analisis anova menunjukan, model pembelajaran *direct instruction* dan permainan taktis memberikan pengaruh terhadap kebugaran jasmani. Terdapat interaksi antara model pembelajaran dan *motor ability* terhadap kebugaran jasmani. Uji lanjut tukey's menunjukkan, model pembelajaran *direct instruction* dengan permainan taktis pada tingkat *motor ability* tinggi memberikan hasil yang sebanding terhadap kebugaran jasmani. Model pembelajaran *direct instruction* lebih baik dari pada permainan taktis pada tingkat *motor ability* rendah terhadap kebugaran jasmani.

Kata Kunci: Model Pembelajaran, *Motor Ability*, dan Tingkat Kebugaran Jasmani

ABSTRACT

Oman Hadiana: The Influence Of Model Of Learning And Motor Ability Against Of Physical Fitness Level

This study aimed to examine the influence of model of learning and motor ability against of physical fitness level. The learning models used in this study were direct instruction and tactical game, while the motor ability consists of high and low. The method used was experimental method 2 x 2 factorial design. A population of 113 students from football extracurricular. These samples included 40 students. The technique of sampling used was simple random sampling technique. The Instruments to measure the motor ability used the motor barrow ability test and to measure physical fitness using TKJI. ANOVA analysis results showed that direct instruction and learning models tactical game gave effect to physical fitness. There was interaction between the learning model and the motor abilities against the physical fitness. Further Tukey's test showed that direct learning model of instruction with a tactical game on a high level of motor abilities gave results comparable to physical fitness. The learning model of direct instruction is better than tactical game on a low level of motor abilities against physical fitness.

Keywords: *Learning Model, Motor Ability and Physical Fitness*