

**PENGARUH SPORT EDUCATION MODEL DAN TINGKAT FUNDAMENTAL
MOVEMENT SKILL TERHADAP AKTIVITAS FISIK DAN KOMPETITIF
SISWA DALAM PENDIDIKAN JASMANI**

DISERTASI

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Pengaruh *Sport Education Model* dan Tingkat *Fundamental Movement Skill* terhadap Aktivitas Fisik dan Kompetitif dalam Pendidikan Jasmani

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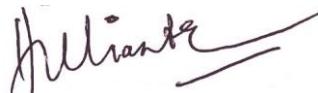
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ABSTRAK

PENGARUH *SPORT EDUCATION MODEL* DAN TINGKAT *FUNDAMENTAL MOVEMENT SKILLS* TERHADAP AKTIVITAS FISIK DAN KOMPETITIF SISWA DALAM PENDIDIKAN JASMANI

Sport Education Model (SEM) dirancang untuk memberikan para siswa pengalaman holistik berbasis olahraga. Ketika penelitian tentang SEM terus berlanjut, aspek yang menarik berkaitan dengan tingkat *Fundamental Movement Skill* (FMS) untuk terlibat dalam aktivitas fisik dan kompetitif. Tujuan penelitian ini adalah untuk menguji pengaruh SEM dan FMS terhadap aktivitas fisik dan kompetitif. Metode penelitian menggunakan metode eksperimen dengan desain faktorial. Partisipan dalam penelitian ini siswa kelas VIII SMP Nahdlatul Ulama Darul Ma’arif Kaplongan Indramayu sebanyak 80 siswa dengan menggunakan teknik *simple random sampling*. Instrumen dalam penelitian ini untuk mengetahui FMS menggunakan tes FMS, untuk aktivitas fisik menggunakan alat digital Polar RC 3 GPS, dan untuk kompetitif menggunakan *Sport Orientation Questionnaire*. Uji signifikansi menggunakan MANOVA dua jalur. Hasil penelitian menyimpulkan terdapat pengaruh SEM dan FMS terhadap aktivitas fisik dan kompetitif. Temuan dari penelitian ini terdapat interaksi antara SEM dan FMS terhadap aktivitas fisik, dari hasil *post hoc* menggunakan uji Tukey SEM tim dengan FMS tinggi dan rendah berpengaruh terhadap aktivitas fisik dari pada SEM individu.

Kata kunci: *sport education model*, *fundamental movement skills*, aktivitas fisik, kompetitif.

ABSTRACT

THE EFFECT OF SPORT EDUCATION MODEL AND THE LEVEL OF FUNDAMENTAL MOVEMENT SKILLS ON PHYSICAL ACTIVITY AND COMPETITIVE OF STUDENTS IN PHYSICAL EDUCATION

The Sport Education Model (SEM) was designed to provide students with a holistic sport-based experience. As research on the SEM continues, interesting aspects related to the level of Fundamental Movement Skill (FMS) to engage in physical activity (PA) and competitive. The purpose of this study was to examine the effect of SEM and FMS on PA and competitive. The research method uses experimental methods with factorial designs. The participants in this study were eighth grade students of Darul Ma'arif Kaplongan Indramayu Nahdlatul Ulama Middle School with as many as 80 students using simple random sampling. The instrument in this study was to find out the FMS used the FMS test, for PA using a Polar RC 3 GPS digital tool, and to be competitive using Sport Orientation Questionnaire. The data analysis technique uses two-way MANOVA. The results of the study concluded that there was the effect of SEM and FMS on PA. The findings of this study have interactions between SEM and FMS on PA. From the results of the post hoc test using the Tukey test, SEM team with high and low FMS influence on PA than SEM individual.

Keywords: sport education model, fundamental movement skills, physical activity, competitive.

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