

PENGEMBANGAN VIDEO PETUNJUK LATIHAN KARDIO KREATIF BAGI  
MAHASISWA PADA ERA PANDEMI COVID-19  
SKRIPSI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Sarjana Olahraga

Program Studi Ilmu Keolahragaan



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FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
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## **HAK CIPTA**

**Pengembangan Video Petunjuk Latihan Kardio Kreatif Bagi Mahasiswa Pada Era  
Pandemi Covid-19**

Oleh

Fitriyana N

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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MAHASISWA PADA ERA PANDEMI COVID – 19

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**ABSTRAK**  
**PENGEMBANGAN VIDEO PETUNJUK LATIHAN KARDIO KREATIF**  
**BAGI MAHASISWA PADA ERA PANDEMI COVID-19**

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Dosen Pembimbing : Dra. Yati Ruhayati, M.Pd.

Penelitian ini bertujuan untuk membuat video petunjuk latihan kardio yang dapat dijadikan media latihan bagi mahasiswa pada era pandemi covid-19. Metode penelitian yang digunakan adalah D&D (Design and Development) yang memiliki 6 tahapan prosedur penelitian, seperti; 1) Mengidentifikasi masalah 2) Mendeskripsikan tujuan 3) Desain dan pengembangan produk 4) Uji coba produk 5) Evaluasi setelah uji coba 6) Kesimpulan/hasil pengujian. Instrumen yang digunakan adalah uji validasi ahli dan uji tayang pada pengguna dengan kuesioner dan wawancara. Hasil dari produk video dianalisis oleh ahli olahraga dan ahli multimedia, yang menyatakan bahwa video sudah sesuai dosis olahraga serta video sangat layak digunakan oleh pengguna karena sudah sangat baik dan interaktif. Hasil uji tayang dari pengguna juga menyatakan bahwa video sudah sangat bagus serta menambah semangat untuk berolahraga. Produk pengembangan ini berisi video yang dapat memotivasi pengguna untuk berolahraga. Semua pengguna merasakan manfaat dan perubahan yang terjadi dalam diri mereka serta lebih percaya diri bahwa tubuh mereka sehat setelah melakukan latihan kardio ini.

Kata Kunci : Latihan kardio, video pembelajaran, pandemi covid-19, komunitas virtual.

**ABSTRACT**  
**DEVELOPMENT OF CARDIO-TRAINING INSTRUCTIONS VIDEO FOR**  
**STUDENTS IN THE ERA OF THE COVID-19 PANDEMIC**

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This study aims to develop a cardio exercise instructional video that can be used as a training media for students during the Covid-19 pandemic era. The research procedures, such us; 1) Identifying problems 2) Describing objectives 3) Product design and development 4) Product testing 5) Evaluation after testing 6) Conclusion/test result. The instruments used were expert validation test and user test using questionnaires and interviews. The results of the video product showed that the video is appropriate for the dose of exercise and the video is very suitable for use by users because it has good quality as training video. The broadcast test results from users also stated that the video was very good and increasing enthusiasm for exercise. This development product contains videos that can motivate users to exercise. All users feel benefits and changes that occur in themselves and are more confident that their body is healthy after doing this cardio exercise.

Keywords: Cardio exercise, video learning, pandemic covid-19, virtual community.

## DAFTAR ISI

<b>HAK CIPTA</b> .....	Error! Bookmark not defined.
<b>LEMBAR PENGESAHAN</b> .....	Error! Bookmark not defined.
<b>LEMBAR PENGESAHAN PAYUNG PENELITIAN DOSEN....</b>	Error! Bookmark not defined.
<b>KATA PENGANTAR</b> .....	Error! Bookmark not defined.
<b>UCAPAN TERIMA KASIH</b> .....	Error! Bookmark not defined.
<b>ABSTRAK</b> .....	Error! Bookmark not defined.
<b>ABSTRACT</b> .....	Error! Bookmark not defined.
<b>DAFTAR TABEL</b> .....	Error! Bookmark not defined.
<b>DAFTAR GAMBAR</b> .....	Error! Bookmark not defined.
<b>DAFTAR LAMPIRAN</b> .....	Error! Bookmark not defined.
<b>BAB I</b> .....	Error! Bookmark not defined.
<b>PENDAHULUAN</b> .....	Error! Bookmark not defined.
1.1 Latar Belakang Penelitian .....	<b>Error! Bookmark not defined.</b>
1.2 Rumusan Masalah.....	<b>Error! Bookmark not defined.</b>
1.3 Tujuan Penelitian .....	<b>Error! Bookmark not defined.</b>
1.4 Manfaat Penelitian .....	<b>Error! Bookmark not defined.</b>
1.4.1 Manfaat Teoritis.....	<b>Error! Bookmark not defined.</b>
1.4.2 Manfaat Praktis .....	<b>Error! Bookmark not defined.</b>
1.5 Struktur Organisasi .....	<b>Error! Bookmark not defined.</b>
<b>BAB II</b> .....	Error! Bookmark not defined.
<b>KAJIAN PUSTAKA</b> .....	Error! Bookmark not defined.
2.1 Covid-19 (Corona Virus Diseases 19).....	<b>Error! Bookmark not defined.</b>
2.2 Aktivitas Fisik.....	<b>Error! Bookmark not defined.</b>
2.3 Latihan Kardio .....	<b>Error! Bookmark not defined.</b>
2.4 Media Video .....	<b>Error! Bookmark not defined.</b>
2.5 Penelitian yang Relevan.....	<b>Error! Bookmark not defined.</b>
2.6 Kerangka Penelitian .....	<b>Error! Bookmark not defined.</b>
<b>BAB III</b> .....	Error! Bookmark not defined.
<b>METODE PENELITIAN</b> .....	Error! Bookmark not defined.
3.1 Desain Penelitian .....	<b>Error! Bookmark not defined.</b>

3.2	Partisipan Penelitian .....	<b>Error! Bookmark not defined.</b>
3.3	Populasi dan Sampel Penelitian .....	<b>Error! Bookmark not defined.</b>
3.3.1	Populasi .....	<b>Error! Bookmark not defined.</b>
3.3.2	Sampel .....	<b>Error! Bookmark not defined.</b>
3.4	Instrumen Penelitian .....	<b>Error! Bookmark not defined.</b>
3.5	Prosedur Penelitian .....	<b>Error! Bookmark not defined.</b>
3.6	Analisis Data.....	<b>Error! Bookmark not defined.</b>

**BAB IV .....****Error! Bookmark not defined.**

**TEMUAN DAN PEMBAHASAN .....****Error! Bookmark not defined.**

4.1 Temuan Penelitian .....

4.1.1 Hasil Analisis Video Latihan Kardio yang Sudah Ada Sebelumnya .....

4.1.2 Unsur Penting Video Petunjuk Latihan Kardio .....

4.1.3 Hasil Susunan Pembuatan Video Petunjuk Latihan Kardio ..

4.2 Deskripsi Data Uji Coba .....

4.2.1 Kelayakan Video Petunjuk Latihan Kardio.....

4.3 Pembahasan Hasil Penelitian .....

4.3.1 Model Video yang Telah Dibuat.....

4.3.2 Perbandingan Video yang Dibuat dengan Video yang sudah Dianalisis .....

**BAB V .....****Error! Bookmark not defined.**

**SIMPULAN, IMPLIKASI DAN REKOMENDASI.....****Error! Bookmark not defined.**

5.1 Kesimpulan.....

5.2 Implikasi.....

5.3 Rekomendasi.....

**DAFTAR PUSTAKA.....****Error! Bookmark not defined.**

**LAMPIRAN .....****Error! Bookmark not defined.**





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