

The Athletics Literacy through Need Assessment Software in contribution to the Physical Education and Health Learning Process

Muhammad Imam Rahmatullah
 Master Program in Sport Sciences
 Yogyakarta State University
 Yogyakarta, Indonesia

muhammadimamrahmatullah.2017@student.uny.ac.id

Yustinus Sukarmin
 Faculty of Sport Sciences
 Universitas Negeri Yogyakarta
 Yogyakarta, Indonesia
 yustinus_sukarmin@uny.ac.id

Abstract—this research is aimed (1) Increasing the learners' knowledge on the importance of athletics literacy. (2) Propelling the teachers towards giving the learning materials of Physical Education and Health to the learners.(3) Aiding the sustenance of the practices of School Literacy Movement, proposed by the Indonesian government to each school in Indonesia. References on athletics literacy and Indonesian education which was more dynamic was deficient, so it was necessary to introduce the use of multimedia to promote the simplicity of the system of teaching and learning process. In regard to this, the athletics teachers in the schools are presented with the crucial role of maintaining the physical body and health of the students. Knowledge on physical health and athletics can be accomplished through reading activity. The cultural awareness of athletics literacy in schools is necessary to maintain the relevance of physical exercises for the learners. For effective execution of the goal, the athletics teachers' involvement in keeping the literacy practices of the school is relevant. **Methods:** This research utilized primary data source, collected from observations and interviews with 10 Physical Education and Health teachers who came from Physical Education and Health teachers' community. This study was also sourced from the literacy analysis in textbooks, research journals and relevant researches which aided in intensifying information of data analysis. The result of this research is the effective usage of software in physical education learning process which has made it less tasking for the teachers to deliver the materials in schools.

Keywords—component, formatting, style, styling, insert

I. INTRODUCTION

The development of athletics literacy has evolved as the media of communication, drawing out the readers from diverse areas. In this case they are the athletes and people who are interested in knowing more on the athletics field in the world¹. In schools, it is necessary to involve athletics literacy such as the materials, the approach towards the learners and curriculum planning in teaching and learning process [2]. Athletics literacy has a relevant contribution in increasing the human potential and creating awareness on the importance of health. Values in athletics literacy has become crucial elements in enhancing the learners' quality of life. This is especially for learners who are still schooling and desire knowledge on the importance of physical activity [3]. Athletics literacy in its development does not comprise more of a holistic nature but is also simple, so as to promote easy comprehension by the readers [4]. The literacy values were also implemented in each physical education learning process in relation to the physical activities included in every subject

in the school [5]. Its roles in the process of teaching the students are to attain knowledge of the physical body through appearances, skill acquisition, and to observe the environment beneficial to the students' improvement [6]. In spite of its benefits and objectives, athletics literacy was allocated for students who are struggling with obesity and healthy problems due to the lack of physical activities [7]. Technology however has assisted in the creation of new systems for the development of physical education. In addition to that, the technology had the function of facilitating the teachers and students in the teaching and learning process. This important role could also be applied in monitoring and increasing the students' knowledge on athletics literacy. In this research, the concept of athletics literacy would employ the software application which contributed in the physical education teaching and learning process [8, 9]. This concept would be implemented in the curriculum, so as to attain the physical education goals in the school [10].

II. METHOD

In the context of physical education the teachers have important roles due to their direct contact with the students. This research applied qualitative research method through observations, interviews, and literature review techniques.

Observations were done in some schools within the region for the collection of the data on the school's situation in the use of athletics literacy. The interview was done by conversing formally with 10 physical education teachers, located at regions in Indonesia. The criteria for teachers chosen for the interview is their active involvement in the teacher's community of physical education within their region where a meeting on the physical education process in school is scheduled monthly. The aim of the interview was to get the thought, knowledge, experience, suggestion and solution to the use of the software application in athletics literacy. The information gotten from the teachers were accurate due to their relationships with the students. The literature review aided in the analysis of the advantages of athletics literacy, using technology in its implementation. It laid emphasis on the complications in encouraging teaching and learning process and also triggering the students' interest in achieving the physical education goals. Its goals would be integrated with learning concepts which were initiated and created by physical education teachers, using developed software application.

This research expects the product to be used by teachers to increase students' awareness on physical activities. It aimed at decreasing and controlling the rate of obesity which is reoccurring among the younger generation [11].



Fig. 1. Conducting an interview with one of the physical education teachers.



Fig. 2. Conducting an interview with a physical education teacher.

III. RESULT

The data collected from the observations, interviews and literature reviews were then compiled and summarized briefly. The result shown is the teacher's opinion who believes his idea is the most appropriate idea and must be implemented in the school. The students who make use of technology often made the comprehension of this product effortless. It could be used in gadgets, notebook computer, and basically everywhere. This software application was also needed in the process of propelling the interests of the students towards physical education which for a long time has been identical to physical activities. This product could also be used by the teachers in the effective renewal of the materials and learning concepts which enables the students see the renewal of the materials in the software.

The result of literature reviews indicated that there was no peculiar software application related to the athletics literacy. Hence, the usage of athletics literacy was very effective and was competent enough to be implemented in senior high school [12, 13].

IV. DISCUSSION

The physical education which till date is relatively identical to physical activities and had more functions in psychomotor level needed a new innovation in relation to literacy, with literacy in relation to the awareness of healthy life. The teachers who are the knowledge deliverers had a very important duty to effect which was to make the students interested in literacy [14] due to the unfamiliar physical education and athletics literacy or reading activity for the senior high school students. This study became more interesting to be done when physical literacy became a popular literature review in recent years. Several people, institutes and organizations made the literacy the subject to be analyzed. The students' knowledge on athletics literacy changed their perception of physical education being centered only on physical activities.

The physical education was also involved in the literacy. In countries such as Canada, physical literacy became a subject with a necessary examination in the social context. If seen from an Indonesia context, literacy had a good prospect for the future by enabling a large number of groups and people get interested in sport and athletics [15]. This software application, however, did not only explain thoroughly on general athletics field but also elaborated on healthy lifestyle such as maintaining food consumption, physical and health principle, and exercise pattern that must be done to achieve best physical condition. In its practices, the teachers were expected to deliver the curriculum and concept that focused on the physical activity education. They were expected to do activities which could help inspire the students through given athletics literacy. Also, they were required to give examples on how to execute correct and good skills in physical education.

It emphasized on the main objectives of the physical education; to develop appropriate skill, to understand the physical strategy which gives resultant effects on the student. The feedback on these objectives was how it could properly influence the students' health so they would appear fresh in the teaching and learning process. It seemed difficult to be done due to the student's opinion on physical education being related to physical activity. The teachers' creativity was put to test in order to get their interest. When they got their enthusiasm and will to implement the athletics literacy, it would result in high self-confidence in health. The teachers must direct them to be consistent in this program [16, 17]. This software could be accessed online or offline and its renewal was based on the teachers' needs in teaching and learning process in the school. The socialization of its use and implementation could be done in senior high school during learning process and break time [18].

V. CONCLUSION

Physical education as one of science branches has made sport like the athletics media that is related to the psychomotor level. It therefore required support from the literacy activity to help the students understand and implement physical activities through literacy activities. Literacy itself is related to the some subjects in the school including physical education. The physical education teachers had the crucial role of transferring

the knowledge to the students. This would encourage them in becoming consistent and well-ordered in the implementation of the athletics literacy activities. This research began from the point of observation, done by the researchers in diverse schools. The special software which connected to the athletics literacy did not exist yet whereas the athletics literacy was already quite well developed. Interview was done to get the accurate data and information relating to athletics literacy. Literature review was done to get more accurate data. The result gotten from the needs analysis displayed the teachers need for athletics literacy software as an instrument to aid teaching and learning process. This implementation could be done before or after the physical education teaching and learning process was done. Another beneficial effect of the software was that it was used as evaluation instruments and references in teaching and learning process. The transformation in all aspects in life, starting from the manual one, into the usage of technology was very helpful in physical education process.

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