

# Evaluation of Sport Special Class (SSC) Program in Sleman Regency , Yogyakarta Region

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# PROCEEDINGS

THE 5<sup>th</sup> INTERNATIONAL CONFERENCE ON  
PHYSICAL EDUCATION, SPORT, AND, HEALTH



**ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT (ACPES)**

**“PROMOTING EQUITABLE QUALITY ON PHYSICAL EDUCATION, SPORT, HEALTH  
AND ENVIRONMENT FOR SUSTAINABLE FUTURE”**

**Semarang City, Indonesia, September 11 - 12, 2019**

**FACULTY OF SPORTS SCIENCE  
UNIVERSITAS NEGERI SEMARANG**



PROCEEDINGS

1

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Semarang, Indonesia, September 10-12, 2019

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INDONESIA

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## PREFACE

<sup>2</sup> ACPES (ASEAN Council of Physical Education and Sport) is a council consisting of some universities across ASEAN namely Srinakharinwirot University Thailand, Mahasarakham University Thailand, PESS NIE NTU Singapore, Universiti Putra Malaysia, Mindanao State University - Iligan Institute of Technology Philippines, Kasetsart University Thailand, Chulalongkorn University Thailand, Institute of Technical Education Singapore, Universiti Teknologi MARA Malaysia and Universitas Negeri Semarang Indonesia. The ACPES annually host an International conference in various countries of its members. The 1st conference on 2015 was hosted by UNNES, Indonesia, The 2nd ACPES was hosted by MSUIIT Philippines, the 3rd ACPES was hosted by Kasetsart University Thailand, and the 4th ACPES was hosted by Universiti Putra Malaysia (UPM). This year, from September 10-12, 2019, The 5th ACPES with <sup>2</sup> the name of the 5<sup>th</sup> International Conference on Physical Education, Sport, and Health, <sup>2</sup> hosted by UNNES, took place at UTC Hotel, Semarang, Central Java, Indonesia.

This conference brings together academic experts and practitioners from South East Asia and beyond to share new knowledge, ideas, and experiences pertaining to Physical Education and Sport. The scientific program of this conference included many topics related to Physical Education, Sports and Public Health as well as those in related fields in order to accommodate more aspirations and expressions of sport's and health communities.

<sup>2</sup> We would like to express our gratitude and appreciation for all the reviewers who helped us maintain the high quality of manuscripts included in this proceedings. <sup>2</sup> We are very grateful to the International/National advisory committee, session chairs, students' volunteers, and administrative assistants who selflessly contributed to the success of this Conference. Also, we are thankful to all the authors who submitted papers, because of which the conference became a story of success. We would also like to extend our thanks to the members of the organizing team for their hard work.

On the day of completion of this journey, we are delighted to present the proceedings <sup>2</sup> of ACPES 2019 the 5<sup>th</sup> International Conference on Physical Education, Sport, and Health to the authors and delegates of the event with a high level <sup>8</sup> satisfaction and aspiration. We hope that you will find it useful, exciting and inspiring. We <sup>8</sup> appreciate that the authors of this conference may want to maximize the popularity of their papers and we will try our best to support them in their endeavors.

Semarang, December 11, 2019

<sup>6</sup> onference Chair,

Prof. Dr. dr. Oktia Woro K.H., M.Kes.

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# 1 Evaluation of Sport Special Class (SSC) Program in Sleman Regency, Yogyakarta Region

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**Abstract**— Establishment of SSC by the Department of Education aims to accommodate and develop students who have special talents in the field of sports. This research was program evaluation at SSC in high school level in Sleman Regency, Yogyakarta with the CIPP model. Research data was obtained through interviews, observations, and documentation. Research subject was school principal, teacher in charge of implementing the SSC, and coaches. Data analysis technique was done by data triangulation. Implementation of SSC based on decree from the Dinas Pendidikan Pemuda dan Olahraga, Sleman Regency. The budget for organizing the SSC still relies on the provincial budgeting, School Operating Fund, and school committees. Availability of equipment conditions is still limited. The field facilities used are owned by the school and there are those who rent other parties. Coaches who handle sports in the SSC are mostly players in the sport they are training. The learning process to support academic achievement for SSC students using the same curriculum with regular classes sourced from the Education Department. The process of developing talents and sport achievements, schools allocate 2 and 4 times a week's training depending on their respective schools. Each school has budgeted for a match trial activity with other schools, both schools in the neighbourhood and schools outside Special Region of Yogyakarta that have good sport achievements. Many sport achievements achieved by students in SSC at the district level can always be champions I, II and III, and the provinces always have representatives, and some can reach national level. Academic achievement based on academic report cards is not much different from the regular class.

**Keywords**— *evaluation, sport special class (SSC)*

## I. INTRODUCTION

Basically, the condition of sports achievement in the Special Region of Yogyakarta at the national level is because training in sports at the school level has not been carried out correctly, optimally, and programmed. Students need a forum to develop sports achievements in order to improve quality and empower schools need to be supported with a program that can accommodate these activities in the form of sports classes so that schools can conduct sports coaching better and continuously [1]. Further explained, sports class activities are

activities in schools that can be used as a means for fostering student activities in sport fields.

SSC are classes specifically for students who have special excellence or talents in sports. Students in sport special classes will be developed in sport achievements to achieve optimal performance. The country of Australia since 1990, has more than 200 sports schools established internationally [2]. This sports school offers a unique and exclusive pathway through secondary education, which specializes in teaching and training youth who aspire to reach elite sport levels. states that elite sport schools in Germany are promotional facilities, in which collaborating with competitive sports, schools and all accommodation must ensure conditions that support top sports in the future while maintaining opportunities for primary and secondary education for students assessed very talented [3]. talent scouting from an early age is done to estimate or predict the chances of a talented athlete, in order to succeed in carrying out training programs so as to be able to reach peak performance [4]. Development and development of sports achievements are carried out and directed to achieve sports achievements at the regional, national and international levels [5]. Sports coaching efforts are directed at improving physical, mental, and spiritual health and are aimed at the formation of personality, high discipline, and sportsmanship as well as to enhance achievements that can boast nationally [6]. Achieving peak performance needs to be elaborated in comprehensive concept in tiered development system [7].

Preparation of training program that is good and measurable by trainer will enable the training process to succeed well. If the opposite occurs, sport specialties associated with training with high volume can result in psychological stress and excessive injury [8]. Malisoux, L, et al. (2012: 1) On the other hand, high volume and intensity in sports activities make young athletes at high risk of injury [9]. Coaches of sport special class (KKO) at high school level must be able to develop an exercise program according to development and inherent characteristics in sport special class students (athlete students) they train.

Special education for participants who have special sports talent students is formal education that is organized and managed to provide educational services to students who have

special talent in the field of sports in order to be able to actualize the potential of special talents that exist in themselves so that it becomes an optimal real achievement [10]. SSC a class intended specifically for students who have excellence or special talents in the field of sport.

Coaching and training for students in SSC in the Yogyakarta Special Region need to be evaluated, to see the extent to which students of SSC are able to contribute sports achievements to the Special Region of Yogyakarta. The process of fostering sports achievements in special sports classes needs to be evaluated, because a coaching process can be said to be good or bad if an evaluation has been carried out.

## II. MATERIALS AND METHODS

This research was program evaluation type. The program evaluation was focused on overall process of implementing SSC and achievements produced by SSC students at high school level in Sleman Regency, Yogyakarta. This program evaluation research referred to CIPP model which was approached qualitatively. The main instruments in this research were the researchers themselves, in addition to using interview guidelines, and observation sheets. Research data was obtained through interviews, observations, and documentation. Research subjects were school principals, teachers responsible for implementing special sport classes, and coaches totalling 16 people. Data analysis technique of the research employed data triangulation.

## III. RESULTS AND DISCUSSION

Implementation of SSC at SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik in Sleman, Yogyakarta Regency based on the Decree of the Dinas Pendidikan Pemuda dan Olahraga of Sleman District No: 154 / KPTS / 2017 concerning Appointment of Special Sports Class Organizers at Junior and Senior High School Level in Sleman Regency Academic Year 2013/2014 as the basis for the appointment to hold and implement sport special class. The implementation of the SSC at high school level in Sleman Yogyakarta Regency has not been specifically written for books from the Department of Education and Culture and the Ministry of National Education related to the book "Guidelines for the Implementation of Sport Class Programs" at Senior High School level. Therefore, implementation of program activities is according to the conditions and abilities of every school. The vision and mission in the SSC at the high school level in Sleman Regency are still integrated with the school's vision and mission in general.

Decree issued by the agency owned by the highest leadership, which contains a decision on something related to regulations or the formation of activities in schools, has a strong position to be implemented properly. Decree issued by the agency or government agency or government agency has a function for the appointee. The function of the decree (SK) is: [11]

- 1) To determine / change the status / position of a person / employee / or goods / materials.
- 2) To authorize the validity of a rule.
- 3) To form / change status / dissolve a company.
- 4) To surrender certain authority, to an official (delegation).
- 5) To authorize a government directive or law.

Selection of new students in SSC through two stages: 1) administrative selection conducted by the school; 2) selection of sport skills and skills tests done in Faculty of Sport Sciences Universitas Negeri Yogyakarta by lecturers of Sport Coaching Education Study Program. Budget for operational implementation of SSC comes from provincial budgeting, School Operational Support, and school committees that are common operational budget for schools. SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik in Sleman Regency, Yogyakarta, they strive to obtain operational funds to organize SSC by withdrawing funds voluntarily to the community of parents of SSC students. School financial management (BOS, APBN, APBD, and Community) is important to be carried out so that the funds obtained can be used effectively and efficiently [12]. Schools that specifically make details of the budget for the implementation of SSC within a year are submitted to the parents of student parents/guardians to assist operational funds for activities, the amount of which is up to the ability of each student parents.

Availability or existence of SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik equipment's to support the training process to improve sports performance, which is sufficient for several sport teams (football, basketball, volleyball and futsal), but for individual sport equipment and facility are strongly supported by the availability of clubs and students themselves. Sports facilities and infrastructure which have a standard size and are in accordance with each branch of sport are resources in fostering sports achievements both in clubs and schools. Sports facilities and infrastructure are supporting resources consisting of all forms and types of equipment and tools used in sports activities that cover all fields and buildings of sports and equipment with an indicator of basic infrastructure principles and infrastructure completeness [13].

TABLE I. SURFACE AREA CONDITION OF SCHOOLS ORGANIZING SSC IN SLEMAN

No	School Name	Surface Area
1	SMA Negeri 1 Seyegan	30.570 m <sup>2</sup>
2	SMA Negeri 2 Ngaglik	31.400 m <sup>2</sup>

TABLE II. FIELD FACILITIES OWNED BY SCHOOL

No	School Name	Field Type	Total
1	SMA N 1 Ngaglik	1. Football Field	1
		2. Basketball Field	1
		3. Volleyball Field	1
		4. Futsal Field	1
2	SMA N 1 Seyegan	1. Futsal Field also Used as Basketball Field	1

	2. Football Field	1
	3. Volleyball Field	2
	4. Badminton Field	1

The factors that have a big role in actualizing talents and abilities into optimal performances and achievements are the presence of adequate facilities [14]. Achievement of better sports achievements needs to be supported by adequate supporting infrastructure and facilities [15].

Field facilities owned by these two schools have been somewhat supportive, even though the quality of the field is far from good category for developing sport achievements. There are field facilities that are rent from privates to support better training. For athletics, the field facilities for training use Indonesian Athletics Association of Sleman Regency.

Coaches who handle sports in sport special class are mostly former players in the sport they master in. Some coaches have coach certificate. All coaches who handle sports in State Senior High School 1 Seyegan and Ngaglik 2 are graduates of Faculty of Sport Sciences. Training or coaching is a science or science, because without the support of the sciences that are closely related to training and training, coaches will not be able to help their athletes to the fullest and even athlete's achievements will be difficult to increase [21]. The coach is one of the human resources in sports that plays a very important role in the achievement of the athlete he trains [17]. The trainer should always try to be professional by increasing knowledge and skills related to the sport that is being trained. The trainer is a person who can professionally help athletes achieve maximum performance, by making training plans in accordance with predetermined targets and targets and making evaluations of training programs that have been run [18].

Academic achievement development for SCC students apply the same curriculum with regular class students sourced from the Education Department. Thus, the subject matter and the number of hours of training received by SCC students and regular class students are no difference. Students in SSC are in social science program class. Talent development training and sport achievements for SSC students at SMA Negeri 1 Seyegan are held four times a week, while in SMA Negeri 2 Ngaglik are held twice a week. The training process to develop sports performance in special sports classes should be 10 to 16 hours per week [1]. The process of training in improving sports performance for students of special sports classes in Sleman Regency is very lacking, considering that only one to four times a week is training each week. The implementation of the training process is very dependent on the school's commitment to improve the achievement and financial condition of the school.

Match trials can be performed at the initiative of the coaches themselves or by the school for all sports in the SSC. Away try outs managed by schools for all sports are done with SSC schools in Yogyakarta Special Region and those outside Yogyakarta. More trial matches are conducted at the initiative of the coaches themselves to see the abilities of the students they train. Sports rarely perform trials, are such as athletics,

martial arts (karate, taekwondo, pencak silat), and archery. According to athletic and martial arts coaches, trials were done in the form of sparring partners and participating in championships that are not official agenda as a venue for trials.

After interviewing with the SSC management teachers and the coaches, it is found that they argue that they made annual training program. The results of the training program document study made by the coaches are not available for the management of the SSC as school documents. Obligations and demands of a coach is to make an exercise program for athletes [19]. The results of sports achievements are largely determined by the planning and implementation of a good training program [20]. Benefits of planning / training programs, among others: 1) as an organized guideline for achieving peak performance, 2) avoiding accidental factors in achieving achievement, 3) saving time, biata, and energy, 4) know the obstacles as early as possible, and 5) clarify the direction of achievement development [21].

Many sports achievements are achieved by students in sport special classes, especially at the district level, which always win 1st, 2nd and 3rd place. Provincial level always have representatives and there are those who won 1st, 2nd and 3rd place. A significant percentage of achievements made by students of SSC both SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik can go to national level representing Yogyakarta Special Region. Physical condition as an absolute requirement needed in achieving sports performance, therefore, every student / athlete must have physical excellence to be able to excel [22]. During exercise, it is necessary to pay attention to the quality of the training which includes: training objectives, selection of training models, use of training facilities, and more importantly, measurements or the dose of exercise described in the concept of FIT (Frequency, Intensity, and Time) [23].

Students who are accepted in SSC automatically come in the social science program. This is based on NEM (National Examination) grade in which SSC students are below the NEM grade of students in the regular class. Academic achievement is based on report card documents obtained in the first semester in previous school year, the grade is not much different from the regular class. Graduates from SSC at SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik are mostly accepted in public and private universities.

#### IV. CONCLUSION

The implementation of sport special class is based on the decree from the Dinas Pendidikan Pemuda dan Olahraga, Sleman Regency. The vision and mission specifically for sport special class do not yet exist and are still included in schools' vision and mission in general. The general objective is held for SSC which are able to contribute to sport achievements at district, provincial and national levels. The budget for organizing SSC still relies on the provincial budget, School Operational Support, and school committees. Conditions for availability of equipment are sufficient and only meet the minimum standards for the training process. The field facilities owned by the schools are still in minimal quality for improving



process of sports performance better. Many coaches do not have coach certificate, and not from sports coaching graduates. Increased academic achievements for SSC students apply the same curriculum with regular classes sourced from the Education Department. The process of developing talents and sports achievements with time allocation is still around 4-8 hours per week. Each school has budgeted for the try-out and try-in activities for sport special trial matches with other schools both in Yogyakarta Special Region and schools outside the Region that have good sports achievements. Many sports achievements achieved by students in SSC at district level can always be first, second, and third place winners, and provinces always have representatives, and a small number can reach national level. Academic achievement based on academic report is not much different from regular class.

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