



## Student Knowledge Analysis of the Benefits of Sport for the Body in High School

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### ABSTRACTS

This study aims to analysis students' knowledge about the benefits of exercise for the body with digital learning methods for high school students. Learning is achieved by using power point media and literacy with students. The learning process is carried out offline but the presentation is assisted by zoom. The study was conducted by 20 students at a high school in the city of Takengon, Aceh, Indonesia. The understanding of this study shows that of the 19 questions asked, most of them have increased by looking at the results of the post-test that have been given to students. These results indicate that the use of video and power point can be used as learning media.

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## 1. INTRODUCTION

Teaching is learning carried out by a teacher to provide new knowledge to students. Teaching is a complex activity carried out by teachers in conveying student knowledge, so that the learning process occurs (Sobandi, 2016). By teaching it will create benefits where students succeed in achieving the objectives of the learning carried out. The meaning of the teaching process is student learning activities in achieving a teaching goal, this goal can be achieved if students actively try to achieve it (Pane & Dasopang, 2017). In teaching there is a combination of teacher activities and student learning activities, as is the case during physical education learning, where in it will occur teacher activities teach a lesson to students and students carry out the learning process. Learning contained in physical education is a physical activity in which it develops aspects of knowledge, skills and attitudes. That the process of physical education in schools develops four broad domains, namely physical, social, affective and cognitive (Bailey *et al.*, 2009).

Physical education in this case teaches knowledge and learning values through physical activity. Formally physical education provides knowledge and values through physical activities that include learning in the development and maintenance of the body, ranging from simple exercises to complex exercises (Chandler *et al.*, 2002). The role of physical education learning can thus make students have good knowledge skills and a healthy and fit body so that they support critical thinking, develop skills, and have a positive attitude. In this case, if students become healthy and fit in accordance with their overall development (cognitive, psychomotor, affective), then they can achieve success as desired (Mustafa & Dwiyo, 2020).

The purpose of this research is so that students can understand what are the benefits of exercise for the body and how to do sports properly and correctly so that they know the negative and positive sides of learning sports.

Thus, teachers must be able to provide understanding to students regarding learning so that they can understand the benefits that will occur if they do exercise regularly and are accompanied by good and correct sports knowledge so that they do not only do sports for the body but nevertheless. Also know the benefits of exercise for the body

The novelty of this researcher is (i) measuring students' knowledge about the benefits of exercise for the body (ii) increasing students' understanding of the benefits of exercise for the body (iii) utilizing digital media in the form of power-points and literacy to increase students' knowledge and interest.

## 2. METHODS

The method is a method used by someone which is carried out in a planned, systematic way to achieve its goals. The learning method used in this research is a digital learning method for high school students. This research was conducted on 20 high school students in Takengon City, Aceh, Indonesia. This study uses power point and literacy with students, students are instructed to answer the pre-test then listen to the material presented and then answer the post-test to be evaluated and become the final result in a study. as for the pre-test and post-test questions are addressed in **Table 1**.

**Table 1.** Questions pre-test and post-test.

No	Pretest and Posttest Questions
1	Does the body have to move?
2	Do you know what the benefits of stretching/stretching in sports are?
3	Can calories be burned through exercise?
4	Do you feel fit after doing sports?
5	If you do exercise for the first time do you feel tight or afternoon?
6	Do we have to burn what goes into the body?
7	Can exercise increase endurance?
8	Do you know what endurance is?
9	A person has never exercised and then he does sports. Is he able to circle the field by running 3 laps?
10	Sports in addition to improving health, it can also improve a person's mood / mood, is it true?
11	Do you know what metabolism is?
12	Can exercise increase the body's metabolism?
13	The duration of a good exercise is about 20-30 minutes is it true?
14	Should exercise be balanced with a healthy diet?
15	Can exercise relieve stress?
16	Do you know the benefits of exercise for the body?
17	Will regular exercise keep the body in shape?
18	Is it true that sports that rely on the physical are often underestimated by young people today?
19	Name a sport you enjoy?

### 3. RESULTS AND DISCUSSION

**Table 1** explains the questions that will be given during the pre-test and post-test, but students are not informed that the post-test questions are the same as the pre-test. -test. it can be seen from the results of the Pre-test and Post-test questions there is an average increase in the answers of students before and before conducting the presentation of the results of the Pre-test and Post-test.

Researchers have examined how helpful this type of presentation can be. Overall, research shows that students prefer Power-Point type presentations to presentations from transparencies (Cassady, 1998). From the research quote above, we can see that students prefer power point learning because it is easier to understand and attracts attention with pictures in power point Submission of clear material is also able to increase student interest in participating in learning with learning using power point students are able to understand easily the material presented and it is hoped that students can also apply what they have learned, especially on the material "benefits of exercise for the body" in their daily lives. The results of the Pre-test and Post-test can be seen from **Table 2**.

The results of the study seen from **Table 2** the value has increased and decreased. The discussion is:

1. For question number 1 regarding "Does the body have to move?" The results are similar. This is because the questions asked are still in the general scope.
2. For question number 2 regarding "Do you know what the benefits of stretching/stretching in sports are?" The results are similar. This is because the score of the questions is still in the light level
3. For question number 3 regarding "Can calories be burned through exercise?" The results are similar, this is because the questions are still in the easy scope

4. For question number 4 regarding "Do you feel fit after doing sports?" The results experienced , This is because the material is able to answer questions.
5. For question number 5 regarding "If you do exercise for the first time do you feel tight or sore?" The results have increased. This is because the material is able to answer question
6. For question number 6 regarding "Should we burn what goes into the body??" The result has increased. This is because the material is able to answer questions.
7. For question number 7 regarding "Is exercise able to increase endurance?" The result has increased. This is because the material is able to answer questions.
8. For question number 8 regarding "Do you know what endurance is?" The result has increased. This is because the material is able to answer questions.
9. For question number 9 regarding "A person has never exercised and then he does sports, is he able to circle the field by running 3 laps?" The result has increased. This is because the material is able to answer questions.
10. For the number 10 question regarding "Exercise in addition to improving health, it can also improve a person's mood / mood, is it true?" The result has increased. This is because the material is able to answer questions.
11. For question number 11 regarding "Do you know what metabolism is?" The result has increased. This is because the material is able to answer questions.
12. For the number 12 question regarding "Is exercise able to increase the body's metabolism?" The result has increased. This is because the material is able to answer questions.
13. For question number 13 regarding "The duration of a good exercise is about 20-30 minutes, is it true?" The result has increased. This is because the material is able to answer questions.
14. For question number 14 regarding "Should exercise be balanced with healthy food?" The results have increased, This is because
15. For question number 15 regarding "Can exercise relieve stress?" The result has increased. This is because the material is able to answer questions.
16. For question number 16 regarding "Do you know the benefits of exercise for the body?" The result has increased. This is because the material is able to answer questions.
17. For question number 17 regarding "Will regular exercise keep the body in shape?" The result has increased. This is because the material is able to answer questions.
18. For the number 18 question regarding "Is it true that sports that rely on physicality are often underestimated by young people today?" The result has increased. This is because the material is able to answer questions.
19. For question number 19 regarding "Name a sport you enjoy?" The result is that there are differences between students, this is because each student has their own preferences.

**Table 2.** Pre-test and post-test results.

No	Questions	Pre-test	Post-test
1	Does the body have to move?	100.0%	100.0%
2	Do you know what the benefits of stretching/stretching in sports are?	100.0%	100.0%
3	Can calories be burned through exercise?	100.0%	100.0%
4	Do you feel fit after doing sports?	100.0%	95.5%
5	If you do exercise for the first time do you feel tight or afternoon?	96.3%	95.5%
6	Do we have to burn what goes into the body?	66.7%	95.5%
7	Can exercise increase endurance?	81.5%	86.4%
8	Do you know what endurance is?	100.0%	95.5%
9	A person has never exercised and then he does sports. Is he able to circle the field by running 3 laps?	96.3%	95.5%
10	Sports in addition to improving health, it can also improve a person's mood / mood, is it true?	66.7%	72.7%
11	Do you know what metabolism is?	96.3%	100.0%
12	Can exercise increase the body's metabolism?	81.5%	90.9%
13	The duration of a good exercise is about 20-30 minutes is it true?	92.6%	95.5%
14	Should exercise be balanced with a healthy diet?	85.2%	95.5%
15	Can exercise relieve stress?	100.0%	100.0%
16	Do you know the benefits of exercise for the body?	96.3%	100.0%
17	Will regular exercise keep the body in shape?	96.3%	100.0%
18	Is it true that sports that rely on the physical are often underestimated by young people today?	100.0%	100.0%
19	Name a sport you enjoy?	100.0%	100.0%

#### 4. CONCLUSION

Teaching science about the benefits of exercise for the body using digital-based learning methods with zoom meeting to 20 elementary school students showed quite good results. Students' understanding in the learning process which was evaluated in the form of pre-test and post-test showed various results, from the average pre-test and post-test results it can be seen that the average score of students increased or experienced an increase after students carried out learning activities. This factor is supported by methods that are suitable for digital-based learning and also media that are interesting for students so that students focus on listening when delivering material. That way, the method affects the success of student learning. The method and delivery method used must be adapted to the student's condition so that students feel interested and focus on listening to the presentation.

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## 6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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