

# Profile of The National Level 1 Physical Coach in 2022

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**Abstract.** This study aims to determine the profile of the national level 1 physical trainer in 2022 who has an important role in athlete achievement in the world of achievement sports. This research was conducted on training participants who have passed the National Accreditation Institute for Sports (Lankor) in collaboration with STOK Bina Guna. The method used is descriptive with survey data collection techniques. From the data obtained, it can be concluded that the profile of the national level 1 physical trainer in 2022 when viewed from the age side is still very productive, in terms of the licenses they have already qualified as trainers even though some trainers are considered to be very beginners, in terms of the length of time they train, they are considered physical trainers. The national level 1 has experience that can be applied when training, and in terms of educational background it is still dominated by sports graduates.

**Key words:** profile, physical trainer

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## INTRODUCTION

Sport in Indonesia is growing rapidly and shows positive values in various fields of life, such as economic, social and cultural. Indonesia is a country that has cultural and linguistic diversity where sports have an important role in uniting these multi-ethnic groups. Promoting sports and cultivating the community is an Indonesian jargon coined by one of the leaders of this nation, Suharto. In fact, this is not just a jargon but has also become the soul of the Indonesian nation.

In its development, according to Rusli Lutan, sports are divided into four types of activities, namely; (1) Educational Sports, (2) Professional Sports, (3) Recreational Sports, and (4) Competitive Sports. If we review one by one in these types of sports activities, it will probably require a long discussion and inevitable debate, but we agree that sport is a physical activity that makes a real contribution to our mental, mental and physical health.

Sports activities can be carried out by the community anywhere, anytime and do not require complicated planning but require consistency in their implementation in order to achieve the desired effect. At a higher level (Professional Sports) planning and guidance is needed for sports people (athletes) because the target is not just health but achievements that make themselves, their families and nations proud.

If we talk about professional sports, it will really need a coach who is qualified and expert in his field. According to Sukadiyanto "a coach is a person who has professional abilities to help reveal the potential of athletes into real abilities optimally in a relatively short time" in line with this Budiwanto (2004:6) states that "the coach is one of the human resources in sports who plays a very important role in important in achieving the athlete's achievement.

It is clear that the role of a coach is very much needed in coaching sports that are professional and competitive. The coach in his daily life is a role model for the athletes he fosters, a coach must be able to play a role as a parent, friend, friend, even a sparring partner in training. The role and duties of a coach are so vital that in its development today, apart from being known as a coach who handles strategy,

technique and tactics, there is also a physical trainer who handles the fitness and physical skills of an athlete.

The physical trainer's responsibilities are focused on physical fitness which focuses on sports branching techniques. Physical trainers must understand the characteristics of physical activity, diet, sleep patterns to exercise programs that are based on individual athletes. Tips and tricks in providing physical activity (exercise) also need to be understood by physical trainers, when the intensity of exercise is increased or decreased, when is it time for athletes to spar, when athletes take active breaks or when the target is to reach the peak which is the highest supremacy of the sport. Physical fitness is a person's ability in carrying out daily activities that show excellent performance, as stated by Ilyas (2020:37) "Physical fitness is the body's ability to carry out daily tasks and activities vigorously without experiencing significant fatigue and with the available energy reserves he is still able to enjoy free time and deal with unexpected emergencies." The athlete's fitness or physical condition greatly affects the performance in the competitive arena, there is a saying that physical will beat strategy and skill.

In this study, we will discuss the profile of a national level 1 physical trainer where the results of this study can be used as a reference for the city/district/provincial government in recruiting or providing coaching for physical trainers in each sport. The research data will show real conditions in the field related to the percentage of track records of trainers, age, gender, educational background, length of training to motivation as a trainer.

## METHOD

The method used in this research is descriptive where the method used is survey and observation. Descriptive method is a method in examining the status of a group of people, an object, a condition, a system of thought, or a class of events in the present. (Nasir 2005:17)

The purpose of this research is to provide a real, factual and accurate picture of the phenomena and facts that occurred. This study is also intended to clearly determine the general profile of a national level 1 physical trainer who has a training license. The population in this study were all national level 1 physical trainers who had attended training and were declared graduated in 2022 with a total of 56 people. According to Sudjana "the sample is part of the number and characteristics possessed by the population" then the sample in this study uses a total sampling technique, namely the entire population of 56 people.

## RESULT AND DISCUSSION

From the instruments that have been distributed to the research sample, raw data is obtained which is then processed to be able to describe the profile of the national level 1 physical trainer in 2022. The research data taken include self-identity, age, gender, license owned, and achievements achieved during being a coach. The data obtained are presented in the following table

**Table 1. Origin of Trainer**

| No | Coach's hometown   | Total | Percentage | No | Coach's hometown | Total | Percentage |
|----|--------------------|-------|------------|----|------------------|-------|------------|
| 1  | Aceh               | 8     | 14%        | 9  | Medan            | 15    | 27%        |
| 2  | Asahan             | 1     | 2%         | 10 | Padang Lawas     | 1     | 2%         |
| 3  | Binjai             | 3     | 5%         | 11 | Padang Sidempuan | 1     | 2%         |
| 4  | Deli Serdang       | 1     | 2%         | 12 | Pakpak Barat     | 1     | 2%         |
| 5  | Gunung Sitoli      | 1     | 2%         | 13 | Samosir          | 1     | 2%         |
| 6  | Humbang Hasundutan | 1     | 2%         | 14 | Serdang Bedagai  | 10    | 18%        |
| 7  | Labuhan Batu Utara | 3     | 5%         | 15 | Simalungun       | 4     | 7%         |
| 8  | Langkat            | 1     | 2%         | 16 | Tebing Tinggi    | 4     | 7%         |

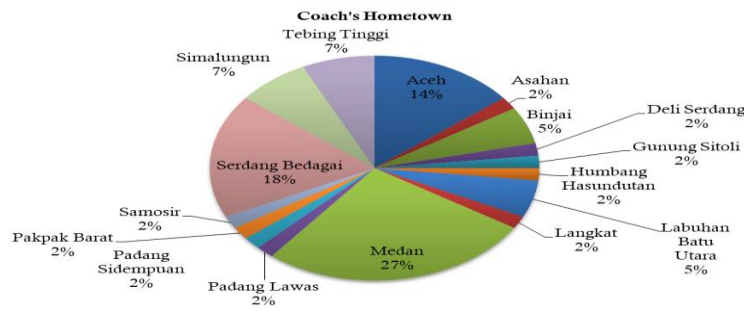


Figure 1. Coach's Hometown

From the table, information is obtained that the 2022 National Level 1 Physical Trainers are dominated by trainers from the City of Medan (27%), Serdang Bedagai (18%), Aceh (14%), Simalungun and Tebing Tinggi (7%), Binjai and Labuhan Batu Utara (5%), and Asahan, Deli Serdang, Gunung Sitoli, Humbang Hasundutan, Langkat, Padang Lawas, Padang Sidempuan, West Pakpak and Samosir (2%).

Table 2. Origin of Sport

| No | Origin of Sports | Total | Percentage | No | Origin of Sports | Total | Percentage |
|----|------------------|-------|------------|----|------------------|-------|------------|
| 1  | Angkat Berat     | 1     | 2%         | 13 | Muaythai         | 1     | 2%         |
| 2  | Arung Jeram      | 2     | 4%         | 14 | Panahan          | 2     | 4%         |
| 3  | Atletik          | 3     | 5%         | 15 | Pencak Silat     | 2     | 4%         |
| 4  | Binaraga         | 2     | 4%         | 16 | Personal Trainer | 2     | 4%         |
| 5  | Bola Basket      | 2     | 4%         | 17 | Petanque         | 1     | 2%         |
| 6  | Bola Voli        | 1     | 2%         | 18 | Renang           | 2     | 4%         |
| 7  | Boxing           | 1     | 2%         | 19 | Rugby            | 2     | 4%         |
| 8  | Bulu Tangkis     | 1     | 2%         | 20 | Senam            | 1     | 2%         |
| 9  | Dayung           | 1     | 2%         | 21 | Sepak Bola       | 8     | 14%        |
| 10 | Futsal           | 11    | 20%        | 22 | Tarung Derajat   | 4     | 7%         |
| 11 | Gulat            | 1     | 2%         | 23 | Tenis Lapangan   | 1     | 2%         |
| 12 | Karate           | 3     | 5%         | 24 | Wushu            | 1     | 2%         |

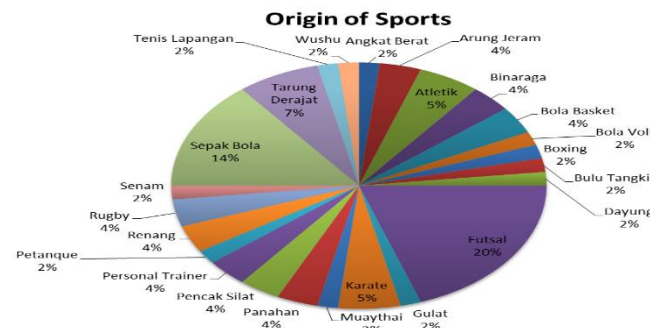
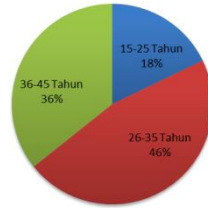


Figure 2. Origin of Sport

From the table, information is obtained that the 2022 National Level 1 Physical Coach comes from the sports futsal (20%), Football (14%), Tarung Derajat (7%), Athletics and Karate (5%), Rafting, Bodybuilding, Basketball, Archery, Pencak Silat, Personal Trainer, Swimming and Rugby (4%), Weightlifting, Volleyball, Boxing, Badminton, Rowing, Wrestling, Muaythai, Petanque, Gymnastics, Court tennis, Wushu (2%).

Tabel 3. Age

| No           | Age         | Total     | Percentage  |
|--------------|-------------|-----------|-------------|
| 1            | 15-25 Tahun | 10        | 18%         |
| 2            | 26-35 Tahun | 26        | 46%         |
| 3            | 36-45 Tahun | 20        | 36%         |
| <b>Total</b> |             | <b>56</b> | <b>100%</b> |

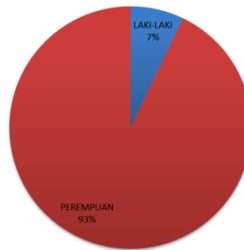


**Figure 3.** Coach Age

From the table, information is obtained that the 2022 National Level 1 Physical Trainers aged 15-25 years are 10 (18%), 26-35 years old are 26 people (46%), and 20 (36 years old) are 36-45 years old. (36%).

**Tabel 4.** Coach Gender

| No           | Gender    | Total     | Percentage  |
|--------------|-----------|-----------|-------------|
| 1            | Laki-laki | 4         | 7%          |
| 2            | Perempuan | 52        | 93%         |
| <b>Total</b> |           | <b>56</b> | <b>100%</b> |

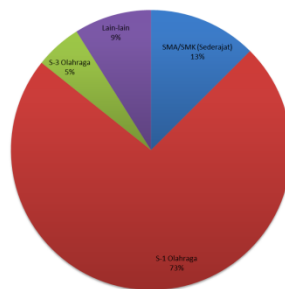


**Figure. 4.** Coach Gender

From the table, information is obtained that the 2022 National Level 1 Physical Trainers dominated by 56 men (93%) and 4 women (7%).

**Tabel 5.** Educational Background

| No           | Educational Background | Total     | Percentage  |
|--------------|------------------------|-----------|-------------|
| 1            | SMA/SMK (Sederajat)    | 7         | 13%         |
| 2            | S-1 Olahraga           | 41        | 73%         |
| 3            | S-3 Olahraga           | 3         | 5%          |
| 4            | Lain-lain              | 5         | 9%          |
| <b>Total</b> |                        | <b>56</b> | <b>100%</b> |

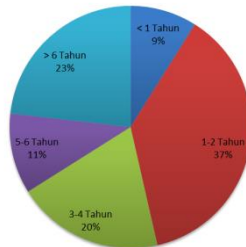


**Figure 5.** Educational Background

From the table, information is obtained that the National Level 1 Physical Trainer in 2022 which is dominated by the educational background of S-1 Sports as many as 41 people (73%), SMA/SMK as many as 7 people (13%), S-1 majors outside of sports as many as 5 people. (9%) and 3 people (5%).

**Tabel 6. Long Training Pridod**

| No           | Long Training Period | Total     | Percentage  |
|--------------|----------------------|-----------|-------------|
| 1            | < 1 Tahun            | 5         | 9%          |
| 2            | 1-2 Tahun            | 21        | 38%         |
| 3            | 3-4 Tahun            | 11        | 20%         |
| 4            | 5-6 Tahun            | 6         | 11%         |
| 5            | > 6 Tahun            | 13        | 23%         |
| <b>Total</b> |                      | <b>56</b> | <b>100%</b> |

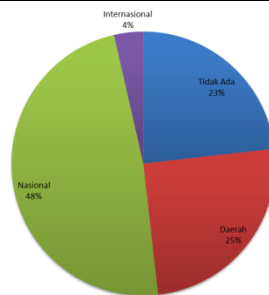


**Figure 6. Long Training Pridod**

From the table, information is obtained that the 2022 National Level 1 Physical Trainers who have less than 1 year of experience training as many as 5 people (9%), 1-2 years as many as 21 people (38%), 3-4 years as many as 11 people (20%), 5-6 years as many as 6 people (11%) and more than 6 years as many as 13 people (23%)

**Tabel 7. Coaching License**

| No           | Coaching License | Total     | Percentage  |
|--------------|------------------|-----------|-------------|
| 1            | Tidak Ada        | 13        | 23%         |
| 2            | Daerah           | 14        | 25%         |
| 3            | Nasional         | 27        | 48%         |
| 4            | Internasional    | 2         | 4%          |
| <b>Total</b> |                  | <b>56</b> | <b>100%</b> |

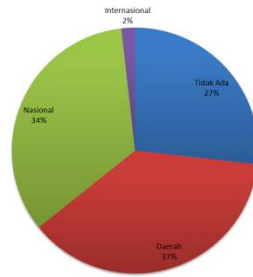


**Figure 7. Coaching License**

From the table, information is obtained that the 2022 National Level 1 Physical Trainers who have a coaching license other than the physical trainer license at the regional level are 14 people (25%), at the national level as many as 27 people (48%), at the international level as many as 2 people (4%) and 13 people (23%).

**Tabel 8. Achievements**

| No           | Achievement   | Total     | Percentage  |
|--------------|---------------|-----------|-------------|
| 1            | Tidak Ada     | 15        | 27%         |
| 2            | Daerah        | 21        | 38%         |
| 3            | Nasional      | 19        | 34%         |
| 4            | Internasional | 1         | 2%          |
| <b>Total</b> |               | <b>56</b> | <b>100%</b> |



**Figure 8.** Achievements

From the table, information is obtained that the 2022 National Level 1 Physical Trainers who have achievements at the regional level are 21 people (38%), achievements at the national level are 19 people (34%), achievements at the international level are 1 person (2%) , and 15 people (27%).

## CONCLUSION

Based on the data presented, it can be concluded that the profile of the national level 1 physical trainer in 2022 when viewed from the age side is still very productive, in terms of the licenses they have are qualified as trainers even though some trainers are considered very beginners, in terms of the length of training they are assessed as level physical trainers. 1 national team has experience that can be applied when training, and in terms of educational background, it is still dominated by sports graduates.

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