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Design of Students Sports Club in Bali Province

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Abstract

The specific objectives of this development research were (1) designing the concept of a student sports club in Bali, (2) developing the design of the student sports club model in Bali, and the guidelines for the establishment of a student sports club in Bali. This research used R&D design with procedure and product trial. The applied product of the research were 1) recommendation of analysis of the needs of the education, sports, and youth offices on the concept of a student sports club, (2) the design of the student sports club model in Bali, and (3) guidance on the formation of a student sports club in Bali. Applied products produced are expected to overcome the obstacles and difficulties experienced by education, sports, and youth offices to handle student sports clubs in Bali so that the establishment of a student sports club in Bali will have an impact on the development of sports achievement at a higher level.

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INTRODUCTION

Sports training has always been linked to efforts to; (1) improving achievement, (2) maintaining achievement, and (3) achievement retreat. Achievement ability is a manifestation of the overall personality of a person. Achievement ability is the resultant of the many capabilities that determine achievement, which is built in the process of training that lasts for years. (Grosser, et.al. in Paulus L.P, 2012: 1).

The decline in Indonesia's sports achievements in the SEA Games above 2000 is due to the fact that it has not fully established a long-term, consistent, systematic, and sustainable long-term sports coaching system. It seems clear that the problem arises with the existence of various programs namely; Garuda Emas Program, Indonesia Bangkit Program, Atlet Andalan Program, and Indonesia Emas Program (Prima). These programs, compiled because of policies undertaken by the government that have not yet fully have a comprehensive and sustainable sports coaching system. In addition, the lack of preparedness of junior athletes under senior athletes makes the decline in Indonesia's sports achievements. It is realized that basic level as the foundation of the sports building achievement in Indonesia is in weak conditions (Lumintuarso, 2011). One strategy to overcome that problem is involving sports club to produce talented athlete (Sumarto, 2000).

The recruitment system begins with a process of initial screening of gifted students in sports. The standard of sports skills owned by gifted students is the most essential part as a prerequisite for the acceptance of potential athletes to be developed and enhanced by sporting achievements. In addition, another important part is the process of measuring the physical abilities of gifted sports students. Measurement of physical ability to avoid misconduct, so students or athletes are able to excel in sports.

Sports coaching should be started from early childhood when the individual is in growth and development. Because at an early age, children have a high degree of flexibility, physical condition, and mental are in a stable state and motivation to exercise high, allowing it to improve its ability to the higher direction, and in making decisions can be done quickly and accurately . In addition, in sports coaching to achieve peak performance takes approximately 10 years.

The search for superior seeds, need to be encouraged to obtain superior seeds from a young age. There is an increase in some sports, but it is running slowly. Indonesian athlete athletes lag far

behind other countries, both regional and international levels. Here's the center for the training of students in Indonesia **Table 1.**

Table 1. Student Sports Development Centre in Indonesia

Type of Sports Coaching Centre	Level	Location
SKO	Ministry of Youth and Sport	Ragunan (South Sumatra)
	Ministry of Education and Culture	Papua, South East Sulawesi, South Sulawesi, Lampung
SKOI	Ministry of Youth and Sport	East Kalimantan
SMANOR	Local government (regency)	East Java, Riau
PPLP	Minister of Youth and Sport (Ragunan, South Sumatra)	All province

Source: Ministry of Youth and Sport of Indonesia, 2015

Coach is one of the professions that is often considered the most attractive of all professions. This is evident from the many trainers admired by the community and honored by the athletes with their ability and expertise in analyzing human movements. Many trainers regularly produce teams and sportsmen to become champions. Truly training can be a very fun job. The athlete will always expect the coach to truly live his profession / skills. The athlete will appreciate the trainer when mastering his expertise in various aspects, not just technical and tactical, but science related to movement, development and growth, biomechanics, physiology, nutrition, social sciences, psychology, and health sciences. Without the mastery of such knowledge, it is unlikely that the trainer will succeed well in his profession (Harsono, 1975: 5).

The design to be developed in applied products is the development of the design of the Balinese student club's sports club model based on scientific assessment and sport science and technology. Youth and sports education that takes care of a student sports club in Bali province

requires a model of a student sports club. Undiksha who has educators in the field of sports is expected to synergize with the youth and sports education office in the province of Bali. To manage the sports club students with science and sports science approach and establish cooperation of higher education institutions to study the design of the model of a sports club student. The establishment of a student sports club in the province will have an impact on the development of sporting achievements on improving sports performance.

The formulation of this research problem is how to develop the design of the student sports club model in Bali province, so the formulation of research problem can be described as follows: (1) How to design the design concept of student sports club model in Bali province, (2) How to develop student model sport club design in the province of Bali, and (3) Preparation of guidelines for the formation of student sports clubs in the province of Bali. The general objective to be achieved in this research is to develop the design of student sports club model in Bali province. Specific objectives of the research to be carried out can be described as follows: (1) Designing the design concept of a student sports club in the province of Bali, (2) Developing the model design of a student sports club in the province of Bali, and (3) Preparing guidelines for establishing a student sports club in the province Bali.

The design to be developed in applied products is the development of the design of the Balinese student club's sports club model based on scientific assessment and sport science and technology. Youth and sports education that takes care of a student sports club in Bali province requires a model of a student sports club. To manage the sports club students with science and sports science approach and establish cooperation of higher education institutions to study the design of the model of a sports club student. The establishment of a student sports club in the province will have an impact on the development of sporting achievements on improving sports performance.

Contribution to the development of a student sports club in the province of Bali is (1) the formation of the model of a student sports club in the province of Bali, (2) has guidelines as the basis for the management of the student sports club, and (3) the coach can conduct coaching and training through the approach and application of science and technology in sport. This research objective was to design sports club model for elementary school in Indonesia, especially in Bali province.

METHODS

This research was a development research to produce a design of student sports club in Bali province. This research consists of two stages of research carried out with two approaches : (1) design development approach in order to produce and test the design of students sports club model in Bali, and (2) action assessment approach to know the implementation of students sports club model in Bali. In the first stage, the preparation of the product followed by small-scale trials and large-scale trials then in the second phase was focus group discussion (FGD) for product finalization.

The modeling of a student sports club began with an analysis of the need for elements of the development of student sports club model in Bali province. The analysis was carried out by involving coaches and sports science experts as well as reference reviews relating to the development of student sports club model in Bali province.

After validation testing by experts, the next step is to test the product. Small-scale trials are conducted to get information on whether the model's design can be implemented and can collect information on the design of student sports club models in the province of Bali. A large-scale trial is the ultimate test of the model design of a student sports club in the province of Bali can be used.

RESULTS AND DISCUSSION

Student sports week (PORJAR) is followed by 9 (nine) regencies / cities in Bali namely; Buleleng, Jembrana, Tabanan, Badung, Gianyar, Bangli, Karangasem, Klungkung and Denpasar. PORJAR is managed by the provincial and regency / city Education, Sports, Youth and Department in Bali. The sports branch that is competed or competed in PORJAR consists of 14 sports namely; Athletics, Pencak Silat, Swimming, Gymnastics, Badminton, Table Tennis, Tennis Courts, Football, Football Takraw, Volleyball, Basketball, Chess, Cricket and Rock Climbing (Report of Match / PORJAR Race, 2016). Branches of sports that is the sport of games, measurable, martial arts, and accuracy. Based on these conditions, the formation of sports clubs in the district / city of Bali province can be done based on the mapping of potential and regional capabilities.

Branches organized by regencies / municipalities in Bali province adjust to local budgets, including elementary school sports clubs are conducted based on regional potential. However sports coaching by districts / municipalities

Table 2 Basic Design of Student Sports Club Model in Elementary School

Component	Notes
Curriculum	Modification of National Curriculum
Learning System	System module, E-learning, face to face with teacher guidance
Subjects	The less the lessons get better (Focus on the National Exam Study subject)
Lesson hours	More freely than other schools
Qualifying trainers	Minimum Bachelor of Sport (Combination of former athletes & academics)
Origins of Coaching System	Local / national Trainers
Selection of athletes	Physical formation, basic engineering, strategy, and mental training and the formation of discipline, personality and national character
Funds	Gifted learners through talent scouting in a natural and scientific way
Selection system	Fulfilled and enough for training needs
Talent scouting	A year twice selection system is done through sport science and technology with standard setting
Facilities	Supported by an optimal approach to sports science
Try out	Provided by the government with facilities and equipment
Database achievement	Regional and national
Training time	Must be well ordered
Promotions and degradation	2-3 hours per day
Competition	1 year twice
Sport Achievement	Lots and routine
Sports Club Targets	Minimally get local champion
	Minimally formed in 9 districts / cities

through the Office of Youth and Sport Education needs the development and establishment of student sports clubs in the province of Bali.

Based on the results **Table 2** of interviews with the head of sports field Education Youth and Sports district / city in the province of Bali shows that the concept of elementary school sports club has not been done with the assessment and scientific approach. It is proven that (1) the new elementary school sports club container will be established, (2) the need for elementary school sports clubs, particularly the fulfillment of sports facilities and praetas and budgetary costs; (3) the name of the existing SD school sports club varies widely according to the chief policy (4) The sports branch handled by each district / city focuses on measured sports, games, martial arts, and accuracy according to regional potential, (5) number of elementary school student sport clubs, (6) recruitment system (6) in charge of the construction of an elementary school sports club is the head of the Office of Youth and Sports Education, (7) unfilled training facilities and equipment; and (7) funding sources in the construction of the school sports club of the district primary school / city in Bali province according to their respective regions.

Form of organization and management of model design of elementary school students, should be handled by competent institutions, namely; Pemda (Local Government), Disdikpora (Education and Youth Office), KONI Daerah (Sports Committee in Regency Level), Pengkab /Kot Cabor (sports manager in regency level), sports faculty in high education, and other supporting agencies, as in **Figure 1**.

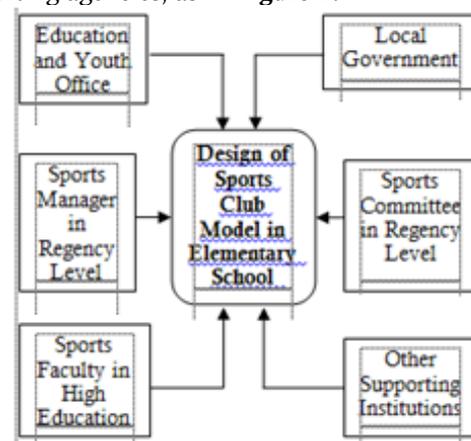


Figure 1. Organizational Model Chart for Development of Student Sports Club in Elementary School

The trainer is the main sportsman in the process of improving sports achievements on the model design of the elementary school sports club. As a spearhead of increased sporting achievements, professional trainers are expected to be able to run a good training program. The determination of the trainer is done through fit and proper test. Here are some of the criteria that must be owned by the trainer on the design of the sports club model of elementary school students are **Table 3**:

Table 3. Criteria of Sports Club Student CoachS Competence Description

Aspect	Notes
Qualifications of Education	Preferably from the sport coaching education at least bachelor degree
Certificate / Coaching License	Obtain a certificate / training coaching that is graduated at the basic, young and primary (national) level even the international level
Former Athletes and Champion	Champion area, national, and or international
National-Club Coaching	Preferably a coach who has run training from regional clubs to national or even international
Personality	Have leadership spirit, firm attitude, patient, communicative, discipline, responsibility, commitment, honest, uphold sportsmanship
Leadership	Democratic, like to discuss
Communication	Open and good language
Soft Skill	Humble, not easily satisfied, attentive, humorous
Power	Trainers who are experts in their field, have the strength, and license
Multiple Roles	As trainers, teachers, parents, friends

If the determination of a professional trainer has been fulfilled in accordance with the criteria, then at the stage of the Model Design Process of Primary Student Sport Club conducted by the trainer are:

- a. Develop a training program consisting of annual program, macro, micro to training unit.
- b. Present the training program periodically.
- c. Test, measure, evaluate, and follow up on the results to improve the training program.
- d. Report periodic performance increases.
- e. Promote athletes who excel.
- f. Recommend degradation in athletes who do not perform.
- g. Resign if talented athletes do not increase his achievement.

Coach is one of the professions that is often considered the most attractive of all professions. This is evident from the many trainers admired by the community and honored by the athletes with their ability and expertise in analyzing human movements. Many trainers regularly produce teams and sportsmen to become champions. Truly training can be a very fun job. The athlete will always expect the coach to truly live his profession / skills. The athlete will appreciate the trainer when mastering his expertise in various aspects, not just technical and tactical, but science related to movement, development and growth, biomechanics, physiology, nutrition, social sciences, psychology, and health sciences. Without the mastery of the science, it is unlikely that the trainer will succeed well in his profession.

Achievement of sports achievement depends on how the implementation of sports achievement coaching system in an area. The sports coaching system should be focused on two parts, namely; (1) involves physical education and national sports organizations in school programs, recreation, and sports clubs as well as the national sports organization structure, and (2) the system of applied sports training. Athletic sports coaching at the elementary school sports club in Bali refers to the pattern of local and national scale sports coaching, including the involvement of a large sports coach. A sustainable, tiered, and sustainable elementary school sports achievement system in Bali should be supported by professional sporting stakeholders and the use of sport science and technology.

The success of the design of the sports club model of elementary school students can be seen from the quality of graduates, governance and

management, facilities and infrastructure, the role of school committees, achievement awards of trainers, teachers, and students, the level of welfare, activity and creativity of students, and various achievements. the design of an elementary school student sports club may be established in the provincial districts of Bali with due regard; (1) the physical condition of the school, the availability of prasarana facilities, students, trainers, teachers, principals, school committees, (2) organize teachers and trainers who have high idealism, dedication and commitment in performing their duties; (4) school management is using Integrated Quality Management (MMT), (5) commitment of all parties starting from central government, regional government, school committees, principals and staff, guardians, community, students, and (6) optimize the role of school committees.

In an effort to improve sporting and academic achievements with the design of a sports club model of elementary school students from planning to program implementation, programmatic evaluation needs to be undertaken. the design of the elementary school sports club model should be evaluated periodically and continuously. Evaluation of the model program design of elementary school sports club can be done on various aspects such as; student recruitment system, curriculum modification, professional trainer, teacher, learning infrastructure and sports facilities, instructional media, supporting facilities, nutritional intake, management, health condition, training system and sport achievement result

Achievement of sporting achievements is programmed output and simultaneously the result of long-term, gradual, tiered, and systematic coaching process of talented athletes. Development and fostering of sports at gold age athletes (golden age), need comprehensive management. The establishment of an elementary school sports club that needs to be done is related to the sports club's policies, goals, objectives and needs. The main objective of establishing elementary school sports clubs is to produce superior seeds and increase sport performance optimally.

Based on the results of the mapping of sport achievements in PORJAR 2014-2016, which is classified as a very good sports coaching is the City of Denpasar and Badung regency, while the good is the District Gianyar, Buleleng Regency, and District Bangli, are quite Klungkung, Karangasem, Jembrana, and Tabanan. Klungkung, Karangasem, Jembrana, and Tabanan districts in the development process need to develop the sport in improving their performance. The results of interviews with the head of the sports field of youth education and sports district / city in the province of Bali in the formation of

student sports clubs are still the ideas and policies of leaders, not yet based on scientific studies by involving sports experts.

Viewed from the results of sport achievements obtained in PORJAR 2014-2016, the achievements obtained by students / athletes are still dominated by the city of Denpasar and Badung regency, while other areas are still left behind in sports coaching, namely Klungkung, Karangasem, Tabanan and Jembrana districts. Based on the performance achievement, then for the regions that still tend to decrease the achievement, it is necessary to coaching container through the student sports club at the elementary level.

The embodiment and the existence of the student sport coaching in Bali province is basically to increase sport achievement efficiently and effectively through the process of formally and centrally organized training or education and training (training). Achievement of achievement is a combination of athlete effort and hard work of trainer, so that both those responsible for the implementation of training program to produce high achievement (Djoko Pekik Irianto, 2009: 7). The sports development of student achievement in Bali province is influenced by the system of training in stages, supported by various facilities, and the target of sport achievement at regional, national, and international level.

The coaching of sporting achievements at student sports clubs in the province of Bali refers to the pattern of local and national scale sports coaching, including the involvement of the sports coaches. The training system of students' sporting achievement in the tiered and sustainable Bali provinces needs to be supported by professional sportsman stakeholders and the utilization of sport science and technology.

A sports club can be the reminder of local and migrated people when the sports club were managed well. It can be a non-use value for special individual – individual that is lack of interest in the particular sports (Dolles, 2016). Staffs in small sports club (that usually can be met in local club) mostly get their motivation from intrinsic reward as member in the club (Nichols and James, 2008).

Development of gold age athletes (golden age), should be able to meet the balance between academic aspects and sports skills. The coaching system considers three aspects of a system, namely: (1) student admissions system, (2) academic development and sports skills process, and (3) evaluation process (Setiono, 2006). To improve the performance, it must be improved how the recruitment system of elementary school students by attracting talented athlete candidates who have potential, sporting achievement, and

academic.

When look at sports management, Total Quality Management (TQM) approach can be used. It consists of 77 aspects, such as: management in marketing and strategic planning, procedures and systems in the internal organization, external communication and image building, culture and atmosphere of the organization, management and structure, resources management, and organization effectiveness (de Knop, et al., 2004). Efficiency of sports club management emphasizes organizational processes and sponsorship besides winning the championships (Miragaia, et al., 2017).

The sports coaching system begins with a talented sporting student process. This crawl system can be called "athlete hunting achievement". The student's skill standard is the most important part of the coaching process. In addition, another important part is the process of measuring students' physical abilities. In youth sports club at present, purchasing sports device becomes the main expenditure, so the sports club management should be improved (Yan, 2015).

Student sports club coaches should be at least a bachelor's degree in sport coaching education, sports education or sports science. Thus the trainer understands the factors of the stages of student development so as to have no difficulty in approaching the students and able to make training planning, make the training program and carry out the training well and programmed in accordance with the plans that have been made with science and technology approach.

In this era of Industrial Revolution (I.R) 4.0 (and there will be I.R 5.0), digital strategy is needed in many aspects of sports club management (Facchini, 2017; Navarro, 2017). Those aspects such as: an experience, athletic performance, and event management (Navarro, 2017). But in this design of sports club in elementary school, infrastructure needed should be provided (such as informational technology device and web) before digital strategy can be applied.

CONCLUSION

The design of the elementary school sports club is arranged based on the PORJAR implementation program regularly once a year as an evaluation of sports coaching at the district level of Bali province. The design of an elementary school sports club model is expected to elevate and enhance contributions to regional and national sporting achievements. The conclusions obtained in this study are as follows: (1) Recommendation of needs analysis of youth education and sports district / city in Bali province to the

concept of student sports club, (3) Design of student sports club model in Bali province, to be formed sport club SD in each regency / municipality of Bali province based on potential and regional capability, and (3) Guidance on establishing student sports club in Bali province based on scientific study.

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