

Evaluation of The Achievement Sport Development Program Regional Student Sports Education and Training Centers (PPLOPD) in Kendal Regency

Muhammad Arif Budi Raharjo✉, Sulaiman Sulaiman, Donny Wira Yudha Kusuma

Universitas Negeri Semarang, Indonesia

Article Info

History Articles

Received:

18 June 2022

Accepted:

18 July 2022

Published:

30 September 2022

Keywords:

Evaluation, Coaching

Program, Sports

Achievement, PPLOPD

Abstract

Sport training and development are parts of efforts to improve the quality of Indonesian people. Systematic sports training, directed at increasing self-control, responsibility, discipline, sportsmanship which in the end can obtain sports achievements that can arouse national pride, one of which is by forming an appropriate forum through the establishment of the Regional Student Sports Education and Training Center (PPLOPD) in each city or regency. The evaluation model is needed together with the implemented program, the researcher chooses the Context, Input, Process, Product (CIPP) model as the evaluation. So that it can determine the overall success of the achievement of coaching program for PPLOPD athletes in Kendal Regency.

This research is a qualitative research with a qualitative approach in evaluation program evaluation using the Context-Input-Process-Product (CIPP) model. The research subjects were the PPLOPD Achievement Sports Branch PPLOPD in Kendal Regency, namely athletics, sepak takraw, pencak silat, karate, taekwondo, sand volleyball, bridge, fencing, weightlifting/ heavylifting, judo, and wrestling including the administrators, coaches, athletes, parents/community, as well as sports facilities and infrastructure in each of the PPLOPD achievement sports. The data collection was carried out by observation, interviews, documentation, and the combinations. The data collection tools are in the form of observations and interviews, while documentation in the form of archives is used as the supporting data. The data validity was carried out using triangulation and observational bending techniques. The qualitative analysis goes through four stages, namely data collection, data reduction, data presentation, and drawing conclusions or verification.

The student sports achievement development program in Kendal Regency is seen from the context of the program, namely the existence of the Regional Student Sports Training Center (PPLOPD) program which is categorized as good. The program input is categorized as good in terms of the input of athletes, coaches, and the administrators that selected by the applicable regulations reported to the Kendal Regency Youth, Sports and Tourism Office. The coordinations process between administrators, coaches, athletes, parents, community and agencies is going well. The evaluation and control have been carried out both during and after training. The product program is good, shown by the improvements at the regional and national levels.

✉ Correspondence address:

Kampus Pascasarjana UNNES, Jl. Kelud Utara III, Semarang

E-mail: budiraharjo.pklo11@gmail.com

INTRODUCTION

Sport coaching and development is part of efforts to improve the quality of Indonesian people to improve the physical, mental and spiritual health of the community. It is also aimed to form the character and personality, discipline and also sportsmanship as well as increasing achievements that can generate a sense of national pride. Systematic sports development, directed at increasing self-control, responsibility, discipline, sportsmanship which in the end can obtain sports achievements that can evoke the national pride.

Today's achievements no longer belong to individuals but already involve the dignity of a nation. That is why various of efforts are made by a region or country to positioned their athletes as champions in various major sporting events. It is the time for Regional Governments (the Provincial/District/City Governments) to pay more attention and to regulate in a planned manered, systematically, and professionally in every form of sports organization due to the demands of global change, with clarity and firmness in the division of the tasks, responsibilities and authorities.

Sports development strategies in provinces and districts/cities in Indonesia in stages and continuously from an early age are carried out by establishing an appropriate platform through the establishment of Regional Student Sports Education and Training Centers (PPLOPD) in each city/regency to fostering, educating and developing sports achievements that are prepared for sport championships at the regional, national and even in the international levels. The Regional Student Sports Education and Training Center (PPLOPD) is a part of an integral sports achievement development system through a combination of achievement coaching and formal education pathways in schools. The existence of PPLOPD as a repository for potential young athletes has a very strategic and important role in nurturing prospective athletes with high achievements. However, a systematic, planned, directed and sustainable process of sports development needs to be carried out by an

evaluation. Whether is it good or bad can be known after an evaluation has been done.

Based on he existing program evaluation models that is already exist, the researcher chose an evaluation using the Context, Input, Process, Product (CIPP) evaluation model because this evaluation model is more comprehensive with the object of evaluation not only on results but also includes context, input, process, and results (Rko Putro Widoyoko, 2012:184). The research carried out aims to evaluate the PPLOPD achievement sports coaching program in Kendal Regency seen from the context program, input program, process program, product program.

Theoretical research support, including the Development of achievement sports aims to develop athletes in a planned, tiered and sustainable manner through competition to achieve achievements with the support of sports science and technology. The sports development includes: training systems, facilities and infrastructure, human resources (athlete achievements, qualifications of trainers and other sports actors), regional leadership, performance of sports organizations, environment and culture. Development of athletes in sports achievements should be carried out continuously and sustainably (Setiono: 2006).

Program evaluation is a process or procedure that is used to assess, measure and know something that the rules have been set. Farida Yusuf Tayibnapis (2008) stated, in selecting the criteria to be used to assess the object of evaluation is the most difficult task in evaluation. Eko Putro Widoyoko (2012:11) explains that program evaluation is carried out with a useful and clear purpose and objective. The main uses of program evaluation are: 1) communicating the program to the public; 2) provide information for decision makers; 3) improvement of existing programs; and 4) increasing participation.

The Context, Input, Process, Product (CIPP) evaluation model is used by researchers using a systems approach, so program evaluation activities must refer to all components contained in the system. Eko Putro Widoyoko (2012: 182) explains that context evaluation helps plan decisions, determine the needs to be achieved by

the program and formulate program objectives. Evaluation of input (Input) includes: 1) human resources; 2) supporting facilities and equipment; 3) funds/budget; and 4) various procedures and rules required. Process evaluation includes the collection of assessment data that has been determined and applied in the practice of program implementation. Product evaluation is an assessment carried out to measure success in the goals that have been set.

METHODS

This research is a qualitative with a qualitative program evaluation approach using the Context- Input-Process-Product (CIPP) model with the aim to get accurate and objective information and comparing what has been achieved from the PPLOPD achievement sports development program in Kendal Regency, with what should be achieved based on the predetermined standards or objectives.

The research subjects were the PPLOPD Achievement Sports Branch in Kendal Regency, namely athletics, sepak takraw, pencak silat, karate, taekwondo, sand volleyball, bridge, fencing, weightlifting/weightlifting, judo, and wrestling including administrators, coaches, athletes, parents/community, as well as sports facilities and infrastructure in each of the PPLOPD achievement sports.

Data collection was carried out by observation, interview, documentation, and combinations of those. Data collection tools used are in the form of observations and interviews, while documentation in the form of archives is used as supporting data or secondary data.

The research design used a qualitative evaluation approach. Inform briefly about the material and methods used in the study, including the subjects/materials studied, the tools used, the experimental design or design used, the sampling technique, the variables to be measured, the data collection technique, the analysis, and the statistical model used.

The validity of the data is done by using triangulation techniques and observational bending. Data analysis techniques obtained using

qualitative analysis by carrying out four stages, namely data collection, data reduction, data presentation, drawing conclusions or verification.

RESULTS AND DISCUSSION

The Regional Student Sports Development and Training Center (PPLOPD) is part of an integral sports achievement development system through a combination of achievement coaching and formal education pathways in schools. This system has a strategic position in laying the foundation for the development of sports achievements in Indonesia, especially in Kendal Regency, at the potential age (the golden age) in order to develop the students' talents in sports.

In the context of the PPLOPD achievement sports development program in Kendal Regency, it can be concluded that the government has implemented an achievement sports development policy program, namely the existence of a program for coaching student athletes, namely the Regional Student Sports Training Development Center Program (PPLOPD).

No	Cabang Olahraga	Program Pembinaan Atlet Pelajar	Program Pembinaan Pelatih	Visi dan Misi	Tujuan	Pencapaian
1	Atletik	Ada	Ada	Ada	Ada	Baik Sekali (BS)
2	Sepak Takraw	Ada	Ada	Ada	Ada	Baik Sekali (BS)
3	Anggar	Ada	Ada	Ada	Ada	Baik Sekali (BS)
4	Angkat Besi	Ada	Ada	Ada	Ada	Baik Sekali (BS)
5	Bridge	Ada	Ada	Ada	Ada	Baik Sekali (BS)
6	Pencak Silat	Ada	Ada	Ada	Ada	Baik Sekali (BS)
7	Taekwondo	Ada	Ada	Ada	Ada	Baik Sekali (BS)
8	Karate	Ada	Ada	Ada	Ada	Baik Sekali (BS)
9	Judo	Ada	Ada	Ada	Ada	Baik Sekali (BS)
10	Gulat	Ada	Ada	Ada	Ada	Baik Sekali (BS)
11	Bola Voli Pasir	Ada	Ada	Ada	Ada	Baik Sekali (BS)

Figure 1. Results of Context Evaluation Analysis of Achievement Sports Coaching Program

Athlete input can be concluded that PPLOPD athletes have stages that are carried out such as: Indonesian Citizenship, Health Certificate and not involved in narcotics from a doctor, being a talented and potential student for certain sports, passing the selection of the relevant sports

branch including anthropometry and specific / branch skills, get a recommendation from a coach along with attachments with the achievements achieved, a certificate of good behavior from the school concerned, and get permission from parents / guardians.

No	Cabang Olahraga	Surat Sehat Dokter	Tes Kecabangan	Rekomendasi dari Pelatih	Ijin Ortu dan Sekolah	Pencapaian
1	Atletik	Ada	Ada	Ada	Ada	Baik Sekali (BS)
2	Sepak Takraw	Ada	Ada	Ada	Ada	Baik Sekali (BS)
3	Anggar	Ada	Ada	Ada	Ada	Baik Sekali (BS)
4	Angkat Besi	Ada	Ada	Ada	Ada	Baik Sekali (BS)
5	Bridge	Ada	Ada	Ada	Ada	Baik Sekali (BS)
6	Pencak Silat	Ada	Ada	Ada	Ada	Baik Sekali (BS)
7	Taekwondo	Ada	Ada	Ada	Ada	Baik Sekali (BS)
8	Voli Pasir	Ada	Ada	Ada	Ada	Baik Sekali (BS)
9	Karate	Ada	Ada	Ada	Ada	Baik Sekali (BS)
10	Gulat	Ada	Ada	Ada	Ada	Baik Sekali (BS)
11	Judo	Ada	Ada	Ada	Ada	Baik Sekali (BS)

Figure 2. Results of Athlete Input Evaluation Analysis

The requirements to become a trainer in the PPLOPD program are to have a minimum high school education, have a trainer certificate, have a minimum of more than 5 years coaching experience, be physically and mentally healthy and get a recommendation from a sports branch. All coaches plan training programs including macro, mесо, physical, technical programs. Tactics, mentality, try out and try in programs and there are promotion and relegation programs.

No	Cabang Olahraga	Sertifikasi Pelatih					Pencapaian
		Pendidikan	Sertifikat	Pengalaman Melatih	Rekomendasi Cabor	Surat Ket Sehat	
1	Atletik	S-2	Nasional	Lebih dari 5 Tahun	Ada	Ada	Baik Sekali (BS)
2	Sepak Takraw	S-1	Nasional/ Daerah	Lebih dari 5 Tahun	Ada	Ada	Baik Sekali (BS)
3	Anggar	S-2	Daerah	Lebih dari 5 Tahun	Ada	Ada	Baik (B)
4	Angkat Besi	SMA	Nasional	Lebih dari 5 Tahun	Ada	Ada	Baik (B)
5	Bridge	S-1	Daerah	Lebih dari 5 Tahun	Ada	Ada	Baik (B)
6	Pencak Silat	S-2	Daerah	Lebih dari 5 Tahun	Ada	Ada	Baik Sekali (BS)
7	Taekwondo	S-1	Daerah	Lebih dari 5 Tahun	Ada	Ada	Baik (B)
8	Voli Pasir	S-1	Nasional	Lebih dari 5 Tahun	Ada	Ada	Baik Sekali (BS)
9	Karate	SMA	Nasional	Lebih dari 5 Tahun	Ada	Ada	Baik (B)
10	Gulat	S-1	Daerah	Lebih dari 5 Tahun	Ada	Ada	Baik (B)
11	Judo	S-1	Nasional	Lebih dari 5 Tahun	Ada	Ada	Baik Sekali (BS)

Figure 3. Results of Analysis Evaluation of Trainer Input

The facilities and infrastructure that fulfill International standards is only athletics. While other sports branches still borrow schools and coaches' houses.

The implementation of the training program has been properly scheduled and carried out by athletes and coaches in accordance with the scheduled program plan that has been made. The coordination that was formed between athletes, coaches, administrators, the community and the government was well established and had no problems.

No	Cabang Olahraga	Latihan sesuai Jadwal Latihan	Program latihan sesuai karakter Makro, Meso dan Mikro	Program Latihan sesuai karakter Fisik, Teknik, Taktik, Mental dan Atlet	Pelaksanaan Program Try out dan Try in	Pelaksanaan Program Promosi / Degradasi	Pencapaian
1	Atletik	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
2	Sepak Takraw	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
3	Anggar	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
4	Angkat Besi	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
5	Bridge	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
6	Taekwondo	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
7	Pencak Silat	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
8	Voli Pasir	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
9	Karate	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
10	Judo	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)
11	Gulat	Sesuai	Ya	Ada	Terlaksana	Ada	Baik Sekali (BS)

Figure 4. Results of Process Evaluation Analysis of program implementation

Evaluation in terms of athlete performance has been well proven by achievements at the regional, national and international levels, but needs to be improved further. The welfare of athletes and coaches is still lacking because they only receive incentives from the government, they have not received health insurance and scholarships from the government. Policy support, funds, facilities and infrastructure as well as community enthusiasm are very good.

No	Cabang Olahraga	Atlet Pelajar			Pencapaian
		Juara Provinsi	Juara Nasional	Juara Internasional	
1	Atletik	16	9	-	Baik (B)
2	Sepak Takraw	6	11	1	Baik Sekali (BS)
3	Anggar	31	6	-	Baik (B)
4	Angkat Besi	12	3	1	Baik Sekali (BS)
5	Bridge	18	11	3	Baik Sekali (BS)
6	Pencak Silat	23	9	2	Baik Sekali (BS)
7	Taekwondo	3	14	-	Baik (B)
8	Volli Pasir	2	-	-	Cukup (C)
9	Karate	6	4	-	Baik (B)
10	Judo	7	8	-	Baik (B)
11	Gulat	17	8	-	Baik (B)

Figure 5. Analysis result of Product Achievement Evaluation

CONCLUSION

The student achievement sports development program in Kendal Regency is seen from the context of the program, namely the existence of the Regional Student Sports Training Center (PPLPD) program which is categorized as good. This program is in accordance with the vision and mission of the Kendal Regency Government to create outstanding athletes in competitions at the national and international levels. Assessment from the input side of the program is categorized as good, seen from the input of athletes, coaches, and administrators, selection has been carried out in accordance with applicable regulations and reported to the Kendal Regency Youth, Sport and Tourism Office. Promotion and degradation programs as well as try- in and try-out programs are categorized as good because they are supported by trainer training program planning and work programs. Financial support, facilities and infrastructure are categorized as sufficient because they only come from the government.

Process program is categorized as good. The coordination between administrators, coaches, athletes, parents, community and agencies is going well and evaluation and control have been carried out well during and after exercise. Rating from the *product* program is categorized as good because student athletes show improvement at the regional and national levels. The support provided by the government and the community is good, while for welfare it is categorized as sufficient because athletes and coaches only receive incentives every

month and still need improvement to fulfill nutrition, health and education guarantees.

REFERENCES

- Abdurrahman, E., Sulaiman, S., & Yudha, D. W. (2020). Coaching of Futsal Sports Achievements in Clubs Ikatan Sarjana Olahraga Indonesia (ISORI) Medan , North Sumatera. *Journal of Physical Education and Sport*, 9(3), 201–206.
- Adzalika, A. R., Soegiyanto, & Rumini. (2019). Evaluasi Pembinaan Prestasi Atlet Cabang Olahraga Terukur (Atletik, Angkat Besi, Panahan dan Renang) Di Provinsi Lampung. *Journal of Physical Education and Sport*, 8(1), 56–61.
- Aji, T. (2013). Pola Pembinaan Prestasi Pusat Pendidikan dan Latihan Pelajar (PPLP) Sepak Takraw Putra Jawa Tengah Tahun 2013. *Jurnal Media Ilmu Keolahragaan Indonesia*, 3(1).
- Aji, T., Sofyan, A., Humait, H., Dlis, F., & Mudian, D. (2021). Development Of Game Model Number Five Event In Sepak Takraw Branch In Central Java Players. *Turkish Journal of Computer and Mathematics Education*, 12(6), 5262–5271.
- Alim, A. (2020). Studi Manajemen Pelatih Dan Atlet Pada Pembinaan Prestasi Cabang Olahraga Tenis Lapangan. *Jorpres (Jurnal Olahraga Prestasi)*, 16(1), 19–28.
- Amnas, T., Hartanto, M., & Kusuma, D.W.Y. (2021). Evaluation of the Implementation of Student Sports Education and Training Center (PPLP), North Sumatra. *Journal of Physical Education And Sports*, 10(2), 217–222.
- Arifiantari, D. A., Nurkholis, M., Puspodari, P., & Pratama, B. A. (2022). Evaluasi pengelolaan pengurus cabang olahraga senam artistik Kota Kediri. *Sriwijaya Journal of Sport*, 2(1), 1–10.
- Arikunto, S., & Safruddin, C. (2009). *Dasar Dasar Evaluasi Pendidikan*. Jakarta: Bumi Aksara.
- Assalam, D., Sulaiman, & Hidayah, T. (2015). Evaluasi Program Pembinaan Prestasi Cabang Olahraga Pencak Silat Pusat Pendidikan Dan Latihan Olahraga Pelajar (Pplp) Provinsi Kalimantan Timur. *Journal of Physical Education and Sports*, 4(1), 87–92.
- Balagué, N., Torrents, C., Hristovski, R., & Kelso, J. A. S. (2017). Sport science integration: An evolutionary synthesis. *European Journal of Sport Science*, 17(1), 51–62.
- Barelli, L., Bidini, G., Cinti, G., Zhang, H. H., Wang, L., Van, J., ... Intl, S. (2018). Reflecting on the Development of a Conceptual Framework for

- Sport Coaching When. *Internasional Sport Coaching Journal*, 6(1), 1–8.
- Bavli, Ö., & Topcu, S. N. (2021). Investigation of the Effect of 6-Week Fitness Study on Motorical and Technical Skills in Volleyball Players. *International Journal of Sport, Exercise & Training Sciences*, 7(3), 120–126.
- Callary, B., Rathwell, S., & Young, B. (2015). Insights on the Process of Using Interpretive Phenomenological Analysis in a Sport Coaching Research Project. *The Qualitative Report*, 20(2), 63–75.
- Candra, A. R. D., & Rumini. (2014). Pembinaan Prestasi di Pusat Pendidikan dan Latihan Olahraga Pelajar (PPLP) Provinsi Jawa Tengah. *Journal of Physical Education, Sport, Health and Recreation*, 4(2), 102–108.
- Chinta, R., Kebritchi, M., & Ellias, J. (2016). A conceptual framework for evaluating higher education institutions. *International Journal of Educational Management*, 30(6).
- Cunningham, G. B., & Peachey, J. W. (2019). Foundations of the Sociology of Sport and Physical Activity. *Sociology of Sport and Physical Activity*, 1–12.
- Daneshjoo, A., Mokhtar, A. H., Rahnama, N., & Yusof, A. (2013). Effects of the 11+ and Harmoknee warm-up programs on physical performance measures in professional soccer players. *Journal of Sports Science and Medicine*, 12(3), 489–496.
- Falaahudin, A., & Sugiyanto. (2013). Evaluasi Program Pembinaan Renang Di Klub Tirta Serayu, Tcs, Bumi Pala, Dezender, Spectrum Di Provinsi Jawa Tengah. *Jurnal Keolahragaan*, 1(1), 13–25.
- Feng, Y., Zhihe, M., & Na, W. (2018). Planning, layout and integration development of a modern Urban sports city for national fitness. *Open House International*, 43(1), 73–77.
- Fernando, H., Soegiyanto, & Kusuma, D. (2018). Manajemen Program Pembinaan Olahraga Renang Pada Persatuan Renang Seluruh Indonesia (PRSI) Provinsi Sumatera Selatan. *Journal of Physical Education and Sports*, 7(1), 55–59.
- Firdaus, K. (2011). Evaluasi Program Pembinaan Olahraga Tennis Lapangan di Kota Padang. *Media Ilmu Keolahragaan Indonesia*, 1(2).
- Gaber Radwan, S. (2014). The impact of development of the special coordination abilities on the general skill ability for table tennis juniors under 12 years old. *International Journal of Science Culture and Sport*, 2(4), 30–30.
- Gazali, N. (2016). Kontribusi Kekuatan Otot Lengan Terhadap Kemampuan Servis Atas Atlet Bolavoli. *Journal of Physical Education Health and Sport*, 3(1), 1–6.
- Gelu, A. Y. (2019). Evaluasi Program Pembinaan Pelatihan Daerah (PELATDA) Cabang Olahraga Shorinji Provinsi NTT Tahun 2016. *Jurnal Terapan Ilmu Keolahragaan*, 4(1), 40–51.
- Gould, D., Tammen, V., Murphy, S., & May, J. (2016). An Evaluation of U.S. Olympic Sport Psychology Consultant Effectiveness. *The Sport Psychologist*, 5(2), 111–127.
- Griffo, J. M., Jensen, M., Anthony, C. C., Baghurst, T., & Kulinna, P. H. (2019). A decade of research literature in sport coaching (2005–2015). *International Journal of Sports Science and Coaching*, 14(2), 205–215.
- Gunung, I., & Darma, I. K. (2019). Implementing the Context, Input, Process, Product (CIPP) Evaluation Model to Measure the Effectiveness of the Implementation of Teaching at Politeknik Negeri Bali (PNB). *International Journal of Environmental & Science Education*, 14(1), 33–39.
- Halimah, S. U., & Hadjar, I. (2018). Arabic Language Learning Evaluation in Higher Education with Context Input Process Product (CIPP) Model. *Journal of Arabic Linguistics and Education*, 4(1), 33.
- Harsono. (2004). *Latihan Kondisi Fisik*. Jakarta: Rineka Cipta.
- Harsono. (2015). *Kepelatihan Olahraga*. Bandung: PT Remaja Rosdakarya.
- Harsuki. (2012a). *Pengantar Manajemen Olahraga*. Jakarta: Rajawali Pers.
- Harsuki. (2012b). *Pengantar Manajemen Olahraga*. Universitas Negeri Semarang.
- Hidayat, W., & Rahayu, S. (2015). Evaluasi Program Pembinaan Prestasi Sepakbola Klub Persibas Banyumas. *Journal of Sport Sciences and Fitness*, 4(2), 10–15.
- Irmansyah, J. (2017). Evaluasi program pembinaan prestasi cabang olahraga bola voli pantai. *Jurnal Keolahragaan*, 5(1), 24.
- Ishak, F. N. A., Rus, R. C., & Aminudin, S. I. M. (2017). Evaluation of My Kampung My Future Program Effectiveness Based on CIPP Model. *International Journal of Academic Research in Business and Social Sciences*, 7(10), 662–666.
- Isnandar, M., Soegiyanto, S., & Hidayah, T. (2020). Evaluation of the Football Development Program in Deli Serdang Regency, North Sumatra. *Journal of Physical Education and Sports*, 9(3), 306–311.

- Katis, A., & Kellis, E. (2009). Effects of small-sided games on physical conditioning and performance in young soccer players. *Journal of Sports Science and Medicine*, 8(3), 374–380.
- Kautsar, A., Sumardiyanto, & Ruhayati, Y. (2018). Analisis Fungsi Manajemen Organisasi Olahraga (Studi Kualitatif pada Pengurus Daerah Ikatan Sport Sepeda Indonesia Jawa Barat). *Jurnal Terapan Ilmu Keolahragaan*, 3(2), 41–45.
- Krističević, T., Sporiš, G., Trajković, N., Penčić, N., & Ignjatović, M. (2016). Skill-Based Conditioning Training In Young Female Volleyball Players: Impact On Power And Change Of Direction Speed. *Journal of Science in Sport*, 8(1).
- Laksana, G. B., Pramono, H., & Mukarromah, S. B. (2017). View of Perspektif Olahraga Petanque dalam Mendukung Prestasi Olahraga Jawa Tengah. *Journal of Physical Education and Sports*, 6(1),8.
- Lara-Bercial, S., Abraham, A., Colmaire, P., Dieffenbach, K., Mokglate, O., Rynne, S., ... Nordmann, L. (2016). The International Sport Coaching Bachelor Degree Standards of the International Council for Coaching Excellence. *International Sport Coaching Journal*, 3(3),344–348.
- Luthfi, A., Rumini, R., & Priyono, B. (2021). Creativity of Physical Education Teachers in Learning Rhythmic and Floor Gymnastics at Senior High Schools in Kebumen Regency. *Journal of Physical Education and Sports*, 10(4), 407–412.
- Makadada, F. A., Motto, C. A., & Piri, N. (2019). The Improvement of Learning Outcomes on Bump Pass of Volleyball. *Britain International of Linguistics, Arts and Education Sciences (BIO LAE) Journal*, 1(2), 119–134.
- Malchrowicz-Moško, E., Poczta, J., & Adamczewska, K. (2019). The potential of non-mega sporting events for the promotion of physical activity among inactive supporters at the poznan half marathon: A case study. *International Journal of Environmental Research and Public Health*, 16(21).
- Martinent, G. (2020). A Literature Review on Coach-Athlete Relationship in Table Tennis. *International Journal of Racket Sports Science*, 2(1), 9–21.
- Maruani, T., & Amit-Cohen, I. (2007). Open space planning models: A review of approaches and methods. *Landscape and Urban Planning*, 81(1–2), 1–13.
- Miles, M. B., humberman, A.M., & Sldana, J. (2014). *Qualitative Data Analysis*. Arizona: State University.
- Müller, F., Van Zoonen, L., & De Roode, L. (2008). The integrative power of sport: Imagined and real effects of sport events on multicultural integration. *Sociology of Sport Journal*, 25(3), 387–401.
- Mustofa, J. (2018). Pembinaan Prestasi Olahraga Sumatera Selatan Sejak Dini (Studi Perspektif Terhadap Eksistensi Pusat Pendidikan Dan Latihan Pelajar/Pplp Sumatera Selatan). *Jurnal Ilmu Keolahragaan*, 1(2), 203.
- Nugraha, P. D., & Pratama, E. B. (2019). Survei Pembinaan Prestasi Atlet Bolabasket Kelompok Umur Di Bawah 16 Dan 18 Tahun. *Journal Sport Area*, 4 (1), 240–248.
- Nurchahyo, P. J., Soegiyanto, K., & Rahayu, S. (2014). Evaluasi Program Pembinaan Prestasi Taekwondo Pada Klub Satria Taekwondo Academy Di Kabupaten Banyumas. *Journal of Physical Education and Sports*, 3(2).
- Ortega, F. B., Ruiz, J. R., Castillo, M. J., & Sjörström, M. (2008). Physical fitness in childhood and adolescence: A powerful marker of health. *International Journal of Obesity*, 32(1), 1–11.
- Pakaya, R., Rahayu, T., & Soegiyanto, S. (2012). Evaluasi Program Pada Klub Bola Voli Kijang Di Kota Gorontalo. *Journal of Physical Education and Sports*, 1(2).
- Parena, A. A., Rahayu, T., & Sugiharto. (2017). Manajemen Program Pembinaan Olahraga Panahan pada Pusat Pendidikan dan Latihan Pelajar (PPLP) Provinsi Jawa Tengah. *Journal of Physical Education and Sports*, 6(1), 1–6.
- Pelana, R. (2017). Persepsi Atlet Terhadap Sdm Pplm Tentang Prestasi Atlet. *Gladi Jurnal Ilmu Keolahragaan*, 7(2), 765.
- Perera, L. D. H. (2014). Parents' Attitudes Towards Science and their Children's Science Achievement. *International Journal of Science Education*, 36(18), 3021–3041.
- Pettee Gabriel, K. K., DiGioacchino DeBate, R., High, R. R., & Racine, E. F. (2011). Girls on the Run: a quasi-experimental evaluation of a developmentally focused youth sport program. *Journal of Physical Activity & Health*, 8 Suppl 2(Suppl 2), 7–9.
- Picabea, J. M., Cámara, J., & Yanci, J. (2021). Physical fitness profiling of national category table tennis players: Implication for health and performance. *International Journal of Environmental Research and Public Health*, 18(17).
- Andrzejewski, M. (2020). The motor and leisure time conditioning of young table tennis players'

- physical fitness. *International Journal of Environmental Research and Public Health*, 17(16), 1–14.
- Pradina, G., Prastuti, I., Rustiadi, T., & Priyono, B. (2020). Evaluation of Performance Program in Tirta Wahana Swimming Club , Grobogan Regency. *Journal of Physical Education and Sports*, 9(2), 175–179.
- Prasetyo, D. E., Damrah, D., & Marjohan, M. (2018). Evaluasi Kebijakan Pemerintah Daerah dalam Pembinaan Prestasi Olahraga. *Gelombang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga (JPJO)*, 1(2), 32–41.
- Pratama, A. C., Soegiyanto, S., & Priyono, B. (2021). Evaluation of Physical Education Online Learning Based on Technological Pedagogical Content Knowledge for Students of Junior High School 1 Gondang Jawa Timur. *Journal of Physical Education and Sports*, 10(4), 394–400.
- Prayogi, M. M., Hartono, M., & Pramono, H. (2019). Management Evaluation of the Sepak Takraw Association of Indonesia (PSTI) Administrators in Fostering Sepak Takraw Sport Achievement in Brebes Regency, Central Java, Indonesia. *International Journal of Science Culture and Sport*, 7(30), 51–62.
- Ramirez-Campillo, R., Garcia-de-Alcaraz, A., Chaabene, H., Moran, J., Negra, Y., & Granacher, U. (2021). Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. *Frontiers in Physiology*, 12(February), 1–18.
- Ratna, A. N., & Raharjo, A. (2021). Manajemen Pembinaan Prestasi Olahraga Sepak Takraw Kabupaten Demak Tahun 2019. *Indonesian Journal for Physical Education and Sport*, 2(1), 8–16.
- Redondo, S., Villalba, A. M., & Jimenez, A. M. (2013). Learning sports management with E-Learning tools. *International Journal of Emerging Technologies in Learning*, 8(4), 34–39.
- Rizki, A., Sepdanius, E., Fajri, H. P., & Gemaini, A. (2015). Latihan Sirkuit Terhadap Akurasi Shooting Sepak bola. *Jurnal Stamina*, 3(April), 49–58.
- Rumini. (2015). Manajemen Pembinaan Cabang Olahraga Atletik Di Pusat Pendidikan Dan Latihan Pelajar (Pplp) Provinsi Jawa Tengah. *Journal of Physical Education Health and Sport*, 2(1), 20–27.
- Salihah, A., Raharja, S. J., & Muhyi, H. A. (2022). Business Organization Analysis In The Field Of It Consultant Business Using Mckinsey 7s Model Based On Cipp (Context, Input, Process, Product) Point Of View And Components Characteristic Of It Consultants. *International Journal of Economics, Business and Accounting Research (IJEBAR)*, 2022(8.5.2017), 2003–2005.
- Santos, F., Camiré, M., MacDonald, D. J., Campos, H., Conceição, M., & Silva, P. (2017). Youth Sport Coaches' Perspective on Positive Youth Development and its Worth in Mainstream Coach Education Courses. *International Sport Coaching Journal*, 4(1), 38–46.
- Sari, H. P., Handayani, O. W. K., & Hidayah, T. (2017). Evaluasi Program Pembinaan Atlet Pekan Olahraga Nasional Cabang Olahraga Bulu Tangkis Provinsi Sumatera Selatan. *Journal of Physical Education and Sports*, 6(3), 261–265.
- Sekot, A. (2010). Sociology of Sport: Conceptual and Topical Issues. *Physical Culture and Sport. Studies and Research*, 47(1), 11–19.
- Silva, A. F., Clemente, F. M., Lima, R., Nikolaidis, P. T., Rosemann, T., & Knechtle, B. (2019). The effect of plyometric training in volleyball players: A systematic review. *International Journal of Environmental Research and Public Health*, 16(16).
- Sudarko, R. A. (2009). Peningkatan Kualitas Prosedur Dan Evaluasi Olahraga Unggulan Propinsi Kalimantan Timur. *Jurnal Olahraga Prestasi*, 5(57), 3.
- Sugiyono. (2010). *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Sugiyono. (2015). *Metode penelitian kuantitatif, kualitatif dan RnD*. Bandung: Alfabeta.
- Sukarmin, Y. (2010). Pemasaran Olahraga Melalui Berbagai Event Olahraga. *Medikora*, 6(2), 55–63.
- Suparno, S., Hidayanto, D. N., & Labulan, P. (2020). Manajemen Pembinaan Prestasi Olahraga di Sekolah Khusus Olahragawan Internasional (SKOI) Kalimantan Timur. *PENDAS MAHAKAM: Jurnal Pendidikan Dasar*, 4(1), 22–31.
- Tamaki, S., Yoshida, K., & Yamada, K. (2017). A shot number based approach to performance analysis in Table Tennis. *Journal of Human Kinetics*, 55(1), 7–18.
- Tokmak, H. S., Baturay, H. M., & Fadde, P. (2013). Applying the context, input, process, product evaluation model for evaluation, research, and redesign of an online master's program. *International Review of Research in Open and Distance Learning*, 14(3), 273–293.
- Triyasari, A., Soegiyanto, K., & Soekardi. (2016). Evaluasi Pembinaan Olahraga Senam Artistik Di Klub Senam Kabupaten Pati Dan

- Kabupaten Rembang. *Journal of Physical Education and Sport*, 5(1), 41–46.
- Urquhart, D. A., Bloom, G. A., & Loughhead, T. M. (2020). The Development, Articulation, and Implementation of a Coaching Vision of Multiple Championship–Winning University Ice Hockey Coaches. *International Sport Coaching Journal*, 7(3), 335–346.
- Utami, D. (2015). Peran Fisiologi Dalam Meningkatkan Prestasi Olahraga Indonesia Menuju Sea Games. *Jurnal Olahraga Prestasi*, 11(2), 52–63.
- Wibowo, K., & Hidayatullah, M. F. (2017). Evaluasi Pembinaan Prestasi Olahraga Bola Basket di Kabupaten Magetan. *Media Ilmu Keolahragaan Indonesia*, 7(1), 9–15.
- Williyanto, S., & Raharjo, H. P. (2016). Manajemen Pembinaan Prestasi Pada Klub Bulutangkis Se-Wonosobo. *Journal of Physical Education, Sport, Health and Recreations*, 5(2).
- Winata, R. A., Rahayu, S., & Pramono, H. (2015). Evaluasi Program Pembinaan Prestasi Pencak Silat. *Journal of Physical Education and Sports*, 4(1), 58–63.
- Yanuaris, R. N. (2020). Evaluasi Program Pembinaan Prestasi Olahraga Sepak Bola Pada Klub Psn Ngada. *Jurnal Ilmiah Pendidikan Citra Bakti*, 7(1), 54–61.
- Yunitaningrum, W., Hanif, A. S., Duli, W., & Lauh, A. (2021). Training Model Based On Exercise Assistance On Smash Kedeng Sepak Takraw Skills In Pontianak City Athletes , What Impact? *Psychology And Education*, 58(4), 4027–4035.
- Zagatto, A. M., & Gobatto, C. A. (2012). Relationship between anaerobic parameters provided from Maod and critical power model in specific table tennis test. *International Journal of Sports Medicine*, 33(8), 613–620.
- Zhang, G., Zeller, N., Griffith, R., Metcalf, D., Williams, J., Shea, C., & Misulis, K. (2011). Using the context, input, process, and product evaluation model (CIPP) as a comprehensive framework to guide the planning, implementation, and assessment of service-learning programs. *Journal of Higher Education Outreach and Engagement*, 15(4), 57–84.
- Zlatko, J., Cane, K., Snezana, B., Mimoza, S., & Kristijan, D. (2014). The Sports- Recreational Animation as a Factor for Tourism Development. *Journal of Tourism and Hospitality Management*, 2(1), 1–5.