

SPORTS EQUIPMENT MODEL DEVELOPMENT TO SUPPORT PHYSICAL ACTIVITY AND PHYSICAL FITNESS LEARNERS

by lis Marwan

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² Iis Marwan¹, Nia rohayati¹

¹Faculty of Teaching and Education University Siliwangi, Tasikmalaya, Indonesia.

²Faculty of Teaching and Education University Galuh, Ciamis, Indonesia.

marwaniis@yahoo.co.id

Abstract. This research aims to design and make models of sports equipment to support physical activity and physical fitness of students that can be used in the process of learning activities for physical education, sports and health. This study uses a Research and Development (R & D) of Brog and Gall (1983). In product development model is used Dick and Carey (1995). Development of tools tested on students from the primary school level, junior high schools and high schools. Test samples used purposive sampling with criteria developed by the research team. The research instrument using a standard measurement of physical fitness. Physical fitness Test Indonesia and test of physical strength and raw use standard tools. Result of the study are set 10 (ten) kinds of models of equipment wick can be used to support physical activity and physical fitness of students eligible applied to the learning process of physical education, sports, and health. Models developed exercise equipment expected to be used by teachers in the process of learnig activities physical education,sports and health and various levels of educatio.

Keywords: Equipment, Activity, Fitness

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