

## IMPLEMENTATION OF VIDEO-BASED LEARNING MEDIA ON SHORT DISTANCE RUNNING

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### Abstract

*Jati Agung District, South Lampung Regency, Lampung Province is a district that is directly adjacent to the capital city of Lampung Province, namely Bandar Lampung City. Even though it has an area that is close to the city of Bandar Lampung, this sub-district has limitations in the use of learning media, especially technology-based, for example video-based for the purpose of improving physical education learning outcomes, especially material on short-distance running. Based on this expression, it is necessary to manage the use of technology-based media, namely learning videos that can be done productively, effectively, and efficiently. To achieve maximum learning outcomes, there must be an implementation or application in the use of technology-based media such as learning videos that must be used by teachers/teachers in Jati Agung District so that they are able to apply technology-based learning which is required because Indonesia itself has made progress in the use of technology. technology that is in the era of 5.0. The purpose of this training and service is that teachers can manage learning media well in carrying out learning at school. The service method used is through training with presentation methods, questions and answers, and practice. With this training and implementation, it is expected to be able to improve the ability of teachers in using technology-based media, namely learning videos so that learning outcomes increase*

**Keywords:** Video, Based Learning Media, Short Distance Running

### 1 INTRODUCTION

Jati Agung Subdistrict, South Lampung Regency, Lampung Province is directly adjacent to Bandar Lampung City. The number of elementary schools in the district. Jati Agung is as many as 50 schools. Jati Agung Subdistrict, although it is directly adjacent to the City of Bandar Lampung, in terms of school infrastructure, let alone supporting the success of learning physical education, is still far in the sufficient category. In this service, the target is for elementary school physical education teachers in Jati Agung District.

Initial observations made by the author revealed that the use of media has not been implemented, especially on a technology basis in physical education learning in Jati Agung District, South Lampung Regency, Lampung Province. The results reveal that teachers still apply learning using traditional or conventional methods with guided models. The teacher only uses the lecture method in learning so that the use of media is not too thought of by the teacher. The results of learning, especially in learning short distance running, have also been good, but the author feels that the results have not yet reached the maximum. Some physical education teachers revealed that they did not understand the use of media, especially technology-based media.

Short distance running is one of the physical education materials provided in every school. Short distance running is one of the sprint numbers. Short distance runs are also known as sprints. Short distance running or sprint is running as quickly as possible from the start to the finish line (Abdurrahman & Sari, 2021). Furkon, Resita, & Purnamaningsih, (2020) stated that short distance

running, also known as sprinting, is a running sport that covers short distances in a short time. Pait & Sukendro, (2021) explains that a sprint or short run is a run that is carried out with a distance of no more than 400 meters. Usually short-distance running is contested in the categories of 100 meters, 200 meters and 400 meters. A sprinter athlete is referred to as a sprinter. In short distance running, the runner will continue to run at full speed throughout the distance covered. Runners do not need to save energy because the distance covered is only short.

Media is an important component in determining the success of learning physical education. In line with this opinion, (Muksin, Irfandi, & Zulheri, 2021) reveals that a media will be adequate if it is efficient in quality and in terms of quantity enough to meet the learning needs of all students. The learning process of Physical Education in Sports and Health absolutely requires media to achieve the goal, because it places more emphasis on developing students' motor skills. It is important for PJOK teachers to have comprehensive knowledge of learning media. So that PJOK teachers understand very well what is meant by learning media and can use learning media during the learning process at school (Haryono, Herpratiwi, & Subekti, 2022). (Taopiqurohman, Ismaya, & Susianti, 2022) says that learning media is a means of carrying out the learning process because teachers can increase their creativity and come up with something interesting to make learning in the eyes of students, and motivate students to participate more actively in learning.

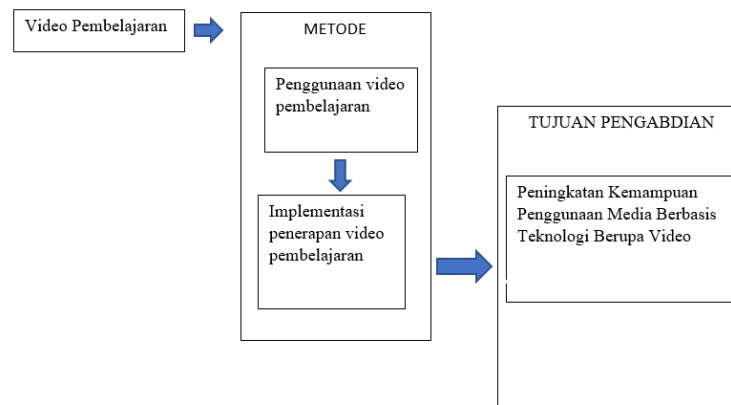
Entering the 5.0 learning era, teachers and physical education learning are required to be able to maximize media by using technology in its application. The application of blocked practice methods and technology-based footwork tool media can be applied to improve footwork and lob abilities in badminton games (Kusuma, 2019). (Lukitowati & Triansyah, 2021) said that in the learning process both offline and online, the role of learning media also helps students to easily understand the material presented in physical education learning. (Fran et al., 2022) revealed that the use of computer technology-based learning media (software) for physical education students is one way to adapt to technological developments.

Based on an explanation of short distance running, technology-based media and based on the results of initial observations made by the author. The author conducts research and service by conducting implementations or seminars on the importance of using technology-based media for Jamsni education teachers throughout Jati Agung District, South Lampung Regency, Lampung Province. The author is interested in conducting research in this area because there has been no similar research conducted. It is hoped that research in using this media can increase teacher knowledge in the application of technology-based media so as to improve teacher knowledge skills in the application and use of technology so that they are able to support good learning outcomes, especially in running material.

## 2. METHODS

The research is included in the qualitative type of devotional research. The subject of this service was carried out with physical education teachers throughout the Jati Agung District, South Lampung Regency. Lampung province . Time and Place for the implementation of the service Tuesday, August 23, 2022 at SDN Marga Jaya, 08.00. The service used is through training with methods of presentation, question and answer, and practice. With the application of technology-based media application training for short-distance running learning models. The planning process and strategy is depicted in Figure 1

**Figure 1. Flowchart of Service Implementation Implementation of Short Distance Running Technology-Based Learning Media**



### 3. RESULTS AND ACHIEVEMENT OF GOALS

The strategy for implementing/implementing the use of technology-based media in the form of video is as follows:

#### 1. Attentions

To attract attention through technology-based learning media, namely videos which reveal models that can be used for short-distance running learning, starting with looking for models of short-distance running exercises or being able to see the videos displayed by the author. Then after choosing to try to practice and video models of training/learning to improve the short distance running of students/students. To attract attention can be done through two points, namely Be the worst or Be the best. To attract attention, it can also be done by displaying animations or pictures of athletes who excel in short-distance running activities with a model that is adjusted by the direction of the teacher. The next step is to give a positive response (comment) to students who are able to follow or practice by first viewing the video displayed in the learning video which is a technology-based media..

#### 2. interesting

After getting attention, the next step is attraction. To do this there are three things that we must be able to convey, namely: what do we want; what are our strengths; and what we lack. In order to create interest in the use of media, especially technology-based bells, it can be done by writing in the description section. Provide information about the styles/models shown in the video used for learning media. In contrast to conventional methods, teachers are required to pay attention to the details of the technological media applied in learning, especially short-distance running. Pictures or learning videos must be relevant / original and presented from different angles. This will have a positive influence on the power of students in participating in physical education learning, especially short-distance running material.

#### 3. desire

Get the desire can be done by creating a tagline that can generate the desire and interest of students. In this case, when doing learning through photos, also convey the benefits and effects that can

be obtained when using the models used to improve short-distance running learning outcomes.

#### 4. DISCUSSIONS

Based on the training conducted, it was found that the use and implementation of physical education learning media in the form of videos in short distance running material is one method that can be applied in implementing strategies to improve learning outcomes for students in the Jati Agung District, South Lampung Regency, Lampung Province, given the lack of use especially technology-based media, for example, learning videos that still cannot be applied by some teachers because they still use traditional/conventional models in providing learning activities

#### 5. CONCLUSION

The strategy of using technology-based learning media in the form of learning videos is expected to be able to improve student learning outcomes in Jati Agung District, South Lampung, Lampung Province. Training on the use of technology-based learning media in the form of learning videos provides additional insight for teachers and students. The implication of the results of the research is that educators and students gain knowledge and techniques that are more effective in delivering learning that affect students' short distance running learning outcomes.

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