ABSTRAK

NATALIA TAMBA. NIM 6213210003. Panduan Penatalaksanaan Cedera Olahraga Pada Konsentrasi Terapi Olahraga Di Jurusan Ilmu Keolahragaan FIK UNIMED.
(Pembimbing: Nurhayati Simatupang)
Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2025

Penelitian ini bertujuan untuk mengembangkan panduan penatalaksanaan cedera olahraga pada Konsentrasi Terapi Olahraga yang layak digunakan dalam pembelajaran maupun praktik di lapangan. Penelitian ini menggunakan metode penelitian dan pengembangan *(Research and Development)* dengan mengacu pada model Borg & Gall. Langkah-langkah pengembangan meliputi studi pendahuluan, perancangan produk awal, validasi ahli, uji coba lapangan awal, revisi produk, uji coba lapangan operasional, dan revisi akhir produk. Instrumen pengumpulan data berupa angket penilaian dari ahli dan pengguna, serta lembar observasi. Hasil validasi ahli menunjukkan bahwa panduan dinyatakan layak dengan beberapa saran penyempurnaan. Hasil uji coba lapangan awal dan operasional menunjukkan bahwa aspek penilaian yang mencakup kelayakan isi, kejelasan bahasa, tampilan visual dan format, serta kemanfaatan dalam pembelajaran memperoleh rata-rata persentase kelayakan sebesar 94%, yang termasuk dalam kategori sangat layak. Panduan ini diharapkan dapat menjadi media pembelajaran sekaligus pedoman praktik dalam penanganan cedera olahraga, khususnya pada Mahasiswa Konsentrasi Terapi Olahraga.

Kata kunci: Penatalaksanaan Olahraga, Terapi Olahraga, Cedera Olahraga

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ABSTRACT

NATALIA TAMBA. Student ID 6213210003. Guidelines for Sports Injury Management in the Sports Therapy Concentration at the Department of Sports Science, Faculty of Sports Science, State University of Medan (UNIMED).
(Supervisor: Nurhayati Simatupang).
Thesis: Faculty of Sports Science UNIMED 2025

This study aims to develop a guideline for sports injury management in the Sports Therapy Concentration that is feasible for use in both learning and practical field applications. The study employs a Research and Development (R&D) method based on the Borg & Gall model. The development stages include a preliminary study, initial product design, expert validation, preliminary field trials, product revision, operational field testing, and final product revision. Data collection instruments consisted of expert and user evaluation questionnaires as well as observation sheets. The results of expert validation indicated that the guideline was feasible with several suggestions for improvement. The results from the preliminary and operational field trials showed that the assessment aspects—content feasibility, language clarity, visual appearance and format, and usefulness in learning—achieved an average feasibility percentage of 94%, which falls under the "very feasible" category. This guideline is expected to serve as both a learning medium and a practical guide for managing sports injuries, particularly for students in the Sports Therapy Concentration at the Department of Sports Science, Faculty of Sports Science, State University of Medan.

Keywords*: Therapeutic Management, sports therapy, Sports Injuries*

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