

*Strategies towards the 21st Century
Challenges on Sport Sciences*

ICSSHPE

**The International Conference of Sport Science,
Health, and Physical Education**

Grand Tjokro Hotel, Bandung, 16—17 November 2016

**Conference Program &
Book of Abstract**



ORGANIZED BY
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
UNIVERSITAS PENDIDIKAN INDONESIA

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

SUPPORTED BY



UNIVERSITAS
PENDIDIKAN
INDONESIA



SPORT SCIENCE
LABORATORY
FPOK - UPI

teaque

CTBAR
energy boost performance

**NUTRISI
PENAMBAH
DAYA TAHAN
TUBUH**

MANFAAT COLLAGEN:

1. Untuk kesehatan mata, rambut dan kulit
2. Meningkatkan elastisitas tulang
3. Meningkatkan elastisitas otot
4. Meningkatkan metabolisme tubuh
5. Mengurangi nyeri dari lutut
6. Membantu detox
7. Mengurangi sakit dan stretch mark

MANFAAT DARI KUNYIT (TURMERIC)

1. Meningkatkan daya tahan otot
2. Meningkatkan kesehatan sendi dan otot
3. Mempercepat pemulihan otot
4. Membantu menurunkan berat badan secara alami
5. Menyemburkan pignatikan yang disebabkan paparan sinar matahari
6. Anti inflamasi tanpa efek samping
7. Mendukung fungsi jantung
8. Mempercepat pemulihan karena mengandung antioksidan

Di produksi oleh
FPOK UPI BANDUNG



ROSDA



JAWA BARAT

ION SUPPLY DRINK

**POCARI
SWEAT**

SPORTS
CHANNEL INDONESIA

SSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

PEECH OF RECTOR OF UNIVERSITAS PENDIDIKAN INDONESIA

Assalamu'alaikum Wr. Wb.

First of all, let me thank the chairman of the organizing committee and the dean of FPOK UPI for the speeches. In this occasion, I would also like to thank both, and also their team, for making such a good conference.

This conference is such a good means for UPI to increase its international recognition. I believe that this is just a beginning of something bigger. As a leading and outstanding university, UPI is now working so hard to become a world-class university in education. There are several ways to do so; one of which is having an international conference whose proceedings are published by an internationally-indexed institution such as Scopus.

I do hope that this conference can be a trigger for other faculties in our university to also have the same conference so that this university will have more international conferences and publications; however, I also encourage all the faculties particularly FPOK as the organizer of this conference to go further in an attempt to reach betterment in international recognizing by motivating its lecturers to be a lot more productive in making research studies and publishing them in journals.

Finally, I am congratulating all the presenters and participants of the conference. Thank you very much.

Wassalamu'alaikum Wr.Wb.



Prof. H. Furqon, Ph. D.

THE
Character Building
UNIVERSITY

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

SPEECH OF DEAN OF FACULTY OF SPORT AND HEALTH EDUCATION,
UNIVERSITAS PENDIDIKAN INDONESIA

Assalamu'alaikum Wr. Wb.

Good morning. It is a pleasure for me to be standing before you all in this occasion. This conference, as mentioned before by the chief of organizing committee, is the first ever conference in our faculty whose proceedings are indexed by an internationally-recognized institutions such as Scopus and CPCI Thompson Reuters. This is such a great opportunity for us, sport-related practitioners in general, and Faculty of Sport and Health Education of UPI specifically to develop. Taking a glance at the seminar theme, I believe that it is a good effort in coping with the development since 21st century skills are now a matter of importance.

In this lovely morning, I would like to welcome all presenters and participants of ICSSHPE 2016 both to the conference and to our lovable city, Bandung. I do hope that you enjoy the beauty of the city as much as you enjoy the conference. Thank you very much for participating.

I would also like to thank every dean of Faculty of Sport and Physical Education in Indonesia whose spirit of participation I adore. I am quite optimistic that by having such an event, we, faculty, can have brighter sights in developing the quality of our faculty and by that, I hope we have real contributions to the educational systems of Indonesia.

Last but not least, a million thanks go to every member of the organizing committee led by my colleague Dr. Eka Nugraha, M.Kes., AIFO. for the endless hard work and efforts to make this conference happen. I know how exhausting it is to have finally come to this very second. Let's make better events next years! So ladies and gentlemen, I wish you best of luck. Thank you very much.

Wassalamu'alaikum Wr. Wb.



Dr. H. Yunyun Yudiana, M.Pd.

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

SPEECH OF CHIEF OF ICSSHPE OC

Assalamu'alaikum Wr. Wb.

Good morning, ladies and gentlemen. Peace be upon us. First of all, I would like to express my deepest gratitude to everybody who comes to this conference. On behalf of the organizing committee of the conference, allow me to deliver several points of report as follow.

ICSSHPE 2016, as an in conjunction conference with the Annual Applied Science and Engineering Conference (AASEC), is a product of hard work and determination between the faculty of sport and health and education (FPOK) and the faculty of technical and vocational education (FPTK), UPI. Both conferences' proceedings are published by IOP Conference Series which is indexed by Scopus and CPCI Thomson Reuters as an internationally-recognized institution. Having the theme "Strategies towards the 21st Century Challenges on Sport Sciences", this conference is a good means for either sport practitioners as teachers, lecturers, coaches, policy makers or sport-related practitioners as those involved in health and sport medicine to discuss in such a way that supports the development of sport science, health, and physical education.

To broaden the knowledge of Indonesian participants, we invite several international speakers with a variety of expertise to present in the keynote speech session. First, we have Mr. Henk van der Pallen from Windesheim University who is an expert of physical education. Second, we have Mr. Kazumi Masuda from Kanazawa University Japan who is undoubtedly great at physiology exercise. Third, there is Mr. Greg Wilson from Australian Strength and Conditioning Association, and last but not least, we have Mr. Adang Suherman from Universitas Pendidikan Indonesia whose expertise is on sport pedagogy. To all keynote speakers, thank you very much for coming all the way from each of your countries and willing to share your knowledge in this very conference.

In addition to the keynote speech session, there is also a parallel one. In this session, there are 200 participants (162 oral presenter and 38 participants) That would be the end of my report. Once again, thank you so much.

Wassalamu'alaikum Wr. Wb.



Dr. Eka Nugraha, M.Kes. AIFO

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

KEYNOTE SPEAKER

DEVELOPMENTS IN PHYSICAL EDUCATION IN THE NETHERLANDS

ABSTRACT

A child or youngster is mostly participating in several sport contexts. These contexts are physical education, school sport, one or more sports club and playgrounds plus events in the quarter where they live. In the Netherlands there is a compulsory education from the age of 5 till at least the age of 16. In that period of time children have physical education classes, with the average of two hours a week, given by a PE-teacher, educated at a university of applied sciences. Normally apart from PE there is school sport. The students can participate in voluntary basis. Many children are also a member of a sports club, namely 60%. There are many sport clubs in the Netherlands, nearly 25.0000. That means that on every 90 children there is a sports club. There is not one small village without at least one soccer club... Supervisors and coaches at the sport clubs are partly professionals, but mainly volunteers. An important note at this time: when we talk about sport in our presentation, we mean not only the organized sport, but also non organized sport or sport like activities. Thus, a broad perception of movement situations. In sport contexts children and youngsters develop a, what we call, sport identity. Sport identity is defined as 'the role that sport plays in somebody's self-concept' (Pot, 2014, p. 8). Or let's say it otherwise: who are you as a sportsman or sportswoman, in an active and/or passive way? According to Pot (2014) sport identity is a concept that refers to an influence of social contexts on values, decisions and behaviour. That influence is mostly unconscious. So there is an influence on sport identity by PE, respectively the school context, by the sport context, by the quarter in which children live. In all these contexts mentioned, children meet peers and also adults who want, from their own ideas, give a contribution to the sport and educational development of the youngsters.



Henk Van der Pallen
Windesheim University, Holand

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

KEYNOTE SPEAKER

MITOCHONDRIAL BIOGENESIS INDUCED BY EXERCISE AND NUTRIENTS: IMPLICATION FOR PERFORMANCE AND HEALTH BENEFITS

ABSTRACT

The skeletal muscle occupies about 40% of body mass, one of the largest organs in the body. It has great plasticity and can respond to physiological stressors, which alter the contractile and metabolic properties of the muscles. Therefore, healthy status of muscle affects the health status of whole body. Mitochondria are abundantly present in mammalian muscle cells, known as the power plants of the cell to generate adenosine triphosphate (ATP) with oxygen. The muscle health depends on the mitochondrial function. In aging and some of metabolic disease state, mitochondrial function is defective. Some defects arise from lower physical activity and nutritional status. Exercise is well-known as a major strategy to induce mitochondrial biogenesis and upregulation of the mitochondrial function. Recently some studies have shown that nutrients can also activate mitochondrial biogenesis. We have observed protein interaction with mitochondria that can augment mitochondrial biogenesis and respiration. In this keynote presentation, I will review and introduce recent research that shows both exercise and nutrients affect mitochondrial quality control and mitochondrial biogenesis to facilitate mitochondrial respiration.



Kazumi Masuda
Kanazawa University, Japan

THE
Character Building
UNIVERSITY

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

KEYNOTE SPEAKER

MATCHING THE TRAINING PROGRAM TO THE NATURAL ATHLETE LIFE-CYCLE: PRACTICAL COACHING RECOMMENDATIONS FOR EFFECTIVE LONG-TERM ATHLETE DEVELOPMENT (LTAD) AND COMPETITIVE LONGEVITY

ABSTRACT

The purpose of this paper and associated presentation is to provide practical recommendations for coaches to implement in relation to matching the training program to their athlete's natural life-cycle. In the author's experience, working in elite sport in Indonesia for the past 10 years, it is generally seen that coaches tend to use very similar training programs for athletes throughout their entire careers. Junior, developing and senior athletes all tend to perform intense training sessions 2 times per day (morning and afternoon sessions) 5 or even 6 times per week, for a typical 8-10 session per week training program. This paper presents 5 case studies, analyzing the competitive performance data from 4 elite Indonesian Olympic weightlifting athletes, and Jamaican sprint super-star Usain Bolt. The analysis demonstrates that there are typically 4 distinct phases in an athlete's normal life-cycle: (1) The Preparatory Phase (PP) (approximate ages 12 to 16 years); (2) The Rapid Development Phase (RDP) (approximate ages 17 to 22 years); (3) The Maintenance Phase (MP) (approximate ages 23-28 years); and (4) The Deterioration Phase (DP) (approximate ages 29 and above). As all athletes are individuals, each coach is encouraged to determine their athletes phase based on competition performances achieved over time. In each of these phases the capacity of the athlete to improve their competitive performance is quite different, and this change in capacity should be reflected in a change in the intensity and volume of training performed. While the typical 8-10 intense training session per week may well be optimally suited to the RDP; lower training volumes and intensities are recommended for the MP (4-6 weekly training sessions) and DP (3-5 weekly training sessions), with a great emphasis placed on recovery and rest for these older athletes. Through carefully matching the training program to the correct phase of the athletes natural life cycle, it is proposed that the athlete will be able to continue to compete at a higher level for longer and experience lower rates of injury.



Greg Wilson
Australian Strength and Conditioning
Association

ICSSHPE

The International Conference of Sport Science, Health, and Physical Education

Grand Tjokro Hotel, Bandung, 16—17 November 2016

KEYNOTE SPEAKER

STRENGTHENING THE ROLES OF PHYSICAL EDUCATION IN SUPPORTING QUALITY OF EDUCATION

ABSTRACT

Physical education and sport in Indonesia has been facing many challenges, including poor quality of physical condition, lack of active life style, increase of non infection diseases, increase of student violences and misbehavior, as well as the big number of population dominated by young ages including their various problems. This paper is purposed to reveal evidences based on research and believes about physical education and sport that can be considered as a basis in giving contribution to the problem solutions above. Physical Education has unique contributions which are not possessed by other subjects (physical skill, fitness, understanding of skill and fitness, physically active behavior). Physical Education also has strategic roles because it is able to reach all aspects of behaviour (Cognitive, Affective, Psychomotor). Designing the implementation of physical education curriculum into practice is an important task and our responsibility. The efforts to improve the quality of Physical Education must be collaborated among Government, teachers, Institutions of Physical Education teacher education, sport organization profession, and schools. We believe that what we do at schools now is one of the important factors determining the quality of education in the future.



Adang Suherman
Universitas Pendidikan Indonesia

THE
Character Building
UNIVERSITY

Quality Assurance: The Model of Quality Evaluation of the Achievement Sport Exercises

Imran Akhmad, Suharjo, Rahma Dewi

Universitas Negeri Medan, Jl. Willem Iskandar Psr. V Medan Estate Sumatera Utara, Indonesia

*Corresponding author; imranakhmad73@gmail.com

Abstract: This research is aimed to establish the model of quality evaluation of the achievement sport exercises. This study generated some products such as: (1) document of quality, which includes; a) exercises quality standard, b) procedures manual, c) works instruction (2) developing instruments of quality evaluation of the achievement sport exercises. This research used research and development approach and was divided in three parts, such as (1) needs analysis, (2) develop the instruments, and (3) implementation of the outcome and evaluation to discover the quality of exercises performed by clubs or achievement sports association in order to improve the quality of exercises continuously. This study concluded that the model of quality of exercises can possibly be used to strengthen the quality progressively. Evaluation of exercises quality is undertaken based on the standard of sports quality compared to the real condition.

INTRODUCTION

Sport accomplishment in North Sumatera is inconsistently moving and tend to decrease slightly. It could be clearly seen from the result of the Multi-Event Championship as well as PON. Furthermore, North Sumatera has not been standing at Top-Three position in the last six PON period, and even worse tend to drop moderately.

As a measure to support many achievements, KONI North Sumatera has launched several programs such as Intensive Guidance Program, aimed to increase the level in PON which held in Riau in 2012 and West Java. The aim that mentioned above is to penetrate the top-five position by winning twenty gold medals and also by applying continuous development program. That program unfortunately has failed according to the result of North Sumatera achievement which only stood at rank 9. However, this particular program gained financial support from APBD in order to obtain the Top-Three position in PON 2020. In sequence to maximize PPI program, then there are several things need to be done like measuring and revitalization, yet the most fundamental issue is the quality issue.

In the other hand, the progress of sport development based on the study held by "Tim Economica Papers and Badan Otonom Economica Division of Economics Faculty, University of Indonesia in 2011 concluded: 59% increase, 24% even, 17% decrease. Nonetheless, according to satisfaction index of Indonesian satisfaction towards sports in Indonesia could be seen with certain variables, Accomplishment (71.85%), Event (79.24%), Impression (77.13%), facilities

(59.36%), establishment (63.86%), welfare (58.73%) and regeneration (67.09%).

Imran akhmad and suharjo (2012) as their book "Evaluasi Program Pembinaan Intensif KONI Sumut Tahun 2012" discovers the indicators of exercises quality exhibited lowest point compared to others indicators which reached 36%. The most fundamental problem is most of the coaches do not have an obvious program training which is one of the most important thing for coaches.

Prevus in Fernandes (1986), says evaluation to figure the suitability of degree between the decided standards in the real performance form. While the gaps that can be evaluated are: (1) The gap between planning and implementing the program, (2) The gap between suspected or predicted to be acquired and truly realized, (3) The gap between the status capabilities with standard capabilities defined, (4) Gaps purposes, (5) the gap of the parts of the program can be changed, and (6) gaps in the system inconsistent.

Implementation of quality control is done by using a management PDCA model (Plan, Do, Check, Action), which results the continuous quality development (improvement continuous)

RESEARCH METHOD

Procedure of Development

This research used research and development approach (Borg and Gall: 1989) which grouped in 3 stages, such as: (1) Pre-Development stage, (2) Development Stage, and (3) Application Stage.

RESULTS AND DISCUSSIONS

A. The Evaluation Model of Quality in

Achievement Sport Exercises.

A conceptual model of evaluation of exercises quality will be elaborated down below:

1. Formulation of Document Quality

The system of quality assurance is done according to documents/scripts/quality/books, which consisted of:

- The scripts/documents/books of quality policy, is a written document consisted of an explanation about how organizations understanding, planning and implementing quality assurance in implementation of quality assurance so that the quality culture will be built in that particular organization.
- The manual Scripts/documents/books of quality procedure, consisted of practical guide about how SPM could be done, evaluated, and improved progressively by the responsible party to undertake in all of the direction.
- Scripts/documents/books of quality standard, is a written document consisted of several criterias, sizes, specification of all the sport coaching events, to realize the vision and mission so the quality itself could be assessed according to the provision so it could satisfy the person in charge both internally and externally.
- Scripts/documents/books of form/instruments, is a written document which serves to note/record some things or informations or certain events as an unseparatable part of quality standard, quality manual or quality procedure.

2. Internal Quality Assurance

As a material control in internal level, is directed to good practical implementation for all the sources in organizing quality improvement continously for all organization in indonesia. This particular thing is done with the purpose of maintaining and improving the quality of sports training students run by an organization internally to realize the vision and meet the demands of the public about the need for the establishment of the organization and continuous quality improvement. Generally, Planning, Implementation, controlling, and improving the quality standar of organization consistantly and continuously so that will be having atlets who can compete globally.

To ensure the quality of the internal level, it is necessary to establish the Internal Quality Assurance by the manager in every organization in charge of guarding, maintaining and ensuring good practice has been done throughout the organization.

Orientation internal quality control is to internalize internal quality culture in the organization.

3. External Quality Control

Quality control (quality qontrol) conducted by outsiders who aim to give recognition from outsiders, especially stakeholders as material to measure the achievement level of each organization in Indonesia. To control the quality is performed by independent institution created by policy makers that objectively done by using instruments according to the quality standard document.

Implementation of quality control is done by stakeholders usefully to determine the policy for the management of the organization in Indonesia. It means, The results of the assessment instrument as a material for stakeholders to determine the sustainability of organizations based in Indonesia through accreditation.

In order to guarantee the implementation and the quality control is done through evaluation technique with instruments developed with reference to the quality standards that have been set on quality document

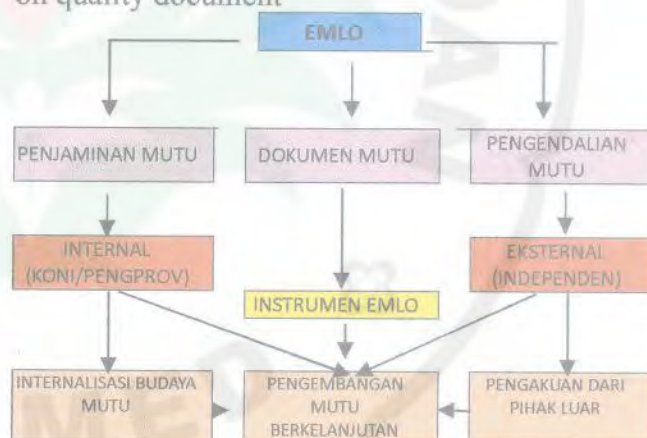


Figure 2. Model Evaluation of Sport Exercises Quality.

B. THE RESULT OF EVALUATION

1. STANDARDS CONTENT

Training Program

The evaluation results show the answers of items (1.1) clarity and completeness of policy documents regarding the establishment and development of training programs, (50%) respondents chose items no (4). The answers of item test (1.2) the involvement of stakeholders (coaches, athletes, ex-athletes, and users) in order to arrange training programs, (50%) respondents chose item no (5). The answers of item test (1.3) the clarity of documents and guidance in preparation and development training program and evaluation of training program evaluation, (50%) respondents chose item test no. (5). The answers of

item test (1.4) the clarity and complexity of training program's document along with Ipteks Improvement and the need of sports, (30%) respondents chose item no (5). The result of tabulation can be seen below:

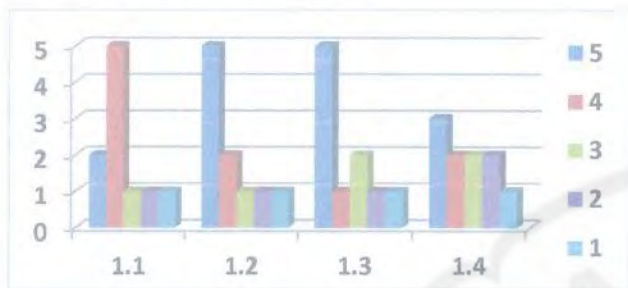


Figure 3. Graph of Training Program

2. STANDARD PROCESS

Development of Training Quality

The evaluation results show the answers of items (2.1) clarity and completeness of policy documents regarding the establishment and existence and function of the field of quality control exercise that encourages athletes to work hard, independent, working, experimenting with utilizing various resources that results are used by the coach and the Organization, (50%) respondents chose item no (4). The answers of item test (2.2) the clarity of quality of sport training system implemented by organization including monitoring process, evaluation, and its utilization, (60%) respondents chose item no (5). The answer of item test (2.3) presentation of implementation of training method which used IPTEK approach from all over the sports, (70%) respondents chose item no (50%). The answers of item test (2.4) the amount of involvement of experts as keynote speakers for improving the quality of training, (40%) respondents chose item no (5). The result of tabulation can be seen down below:

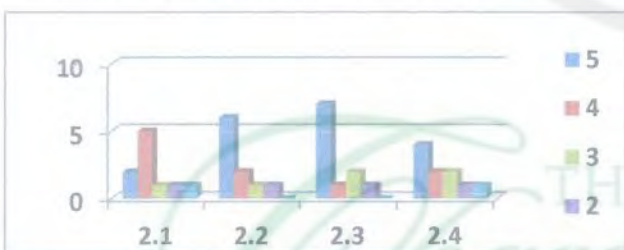


Figure 4. Graph of the development of training quality

3. STANDARD RESULT

Athletes Target Orientation

The evaluation results show the answers of items (3.1) Percentage of athletes who failed to achieve the targets set in all sports, (40%) of respondents chose no lattice (5). Answer of items (3.2) Percentage of athletes who managed to achieve the targets set in all sports, (40%) of

respondents chose no lattice (4). The tabulated results can be seen as follows:



Figure 5. Graph of Athletes Target Orientation

Athletes Achievement

The evaluation results show the answers of items (4.1) Achievement of the athlete's performance in the provinces / territories, (70%) of respondents chose no lattice (5). Answer of items (4.2) Achievement of the athlete's performance at the national level (60%) of respondents chose no lattice (5). Answer of items (4.3) Achievement of the athlete's performance at the international level (50%) of respondents chose grilles no (2). Answer of items (4.4) Organizational Efforts to improve the acceleration of the athlete's performance, (60%) of respondents chose no lattice (5). Hasil tabulasi dapat dilihat sebagai berikut:



Figure 6. Graph of Athletes Achievement

4. HUMAN RESOURCES STANDARD

The availability of coaches and supporters.

The evaluation results show the answers of items (5.1) The availability of trainers who meet the qualifications, (50%) of respondents chose no lattice (4). Answer of items (5.2) Availability of support personnel such as (1) maseur, (2) physical trainer, (3) medical, (4) experts and (5) psychologists in all sports, (60%) of respondents chose grating no (5). Answer of items (5.3). Availability of management system trainers and support personnel, (70%) of respondents chose no (5). Answer of items (5.4) Availability of guidelines and documents concerning the

implementation of monitoring and evaluation systems, as well as the track record of the performance of coaches and support personnel, (40%) of respondents chose no (5). The tabulated results can be seen as follows:



Figure 7. Graph of the availability of coaches and support personnels

5. FACILITIES AND INFRASTRUCTURES STANDARD

The availability of facilities and infrastructures

The evaluation results show the answers of items (6.1) The availability of trainers who meet the qualifications, (50%) of respondents chose no lattice (4). Answer of items (6.2) Availability of support personnel such as (1) maseur, (2) physical trainer, (3) medical, (4) experts and (5) psychologists in all sports, (60%) of respondents chose grating no (5). The tabulated results can be seen as follows:

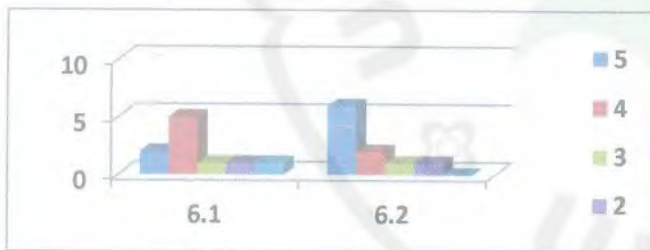


Figure 8. Graph of the availability of facilities and infrastructures

6. MANAGEMENT STANDARD

Governance Structure

The evaluation results show the answers of items (7.1) Completeness and clarity of organizational system that allows the implementation consistently, (50%) of respondents chose no (4). Answer of items (7.2) Clarity organization's management system, (60%) of respondents chose no (5). The tabulated results can be seen as follows:

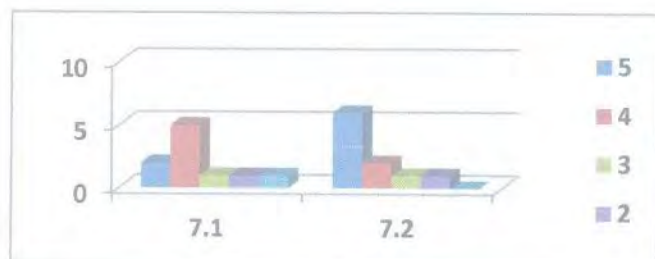


Figure 9. Graph of Governance Structure

Management System

The evaluation results show the answers of items (8.1) Clarity of job analysis, job descriptions, program improvement of managerial competence, (50%) of respondents chose no (4). The tabulated results can be seen as follows:

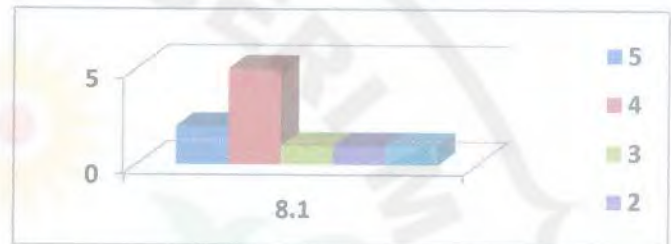


Figure 10. Graph of Management System

Athletes Selection

The evaluation results show the answers of items (9.1) Selection System athletes who apply the principles of equity, (50%) of respondents chose no lattice (4). Answer of items (9.2) Governance new athletes reception system that includes policies, criteria, procedures, instruments, systems and consistency of implementation decisions, (60%) of respondents chose no lattice (5). Answer of items (9.3) System of information, (70%) of respondents chose no (5). Answer of items (9.4) The selection, (40%) of respondents chose no (5). Answer of items (9.5) Availability of services to athletes in the field of mental guidance, Health / insurance, rewards, and guaranteed employment, (40%) of respondents chose no (5). The tabulated results can be seen as follows:

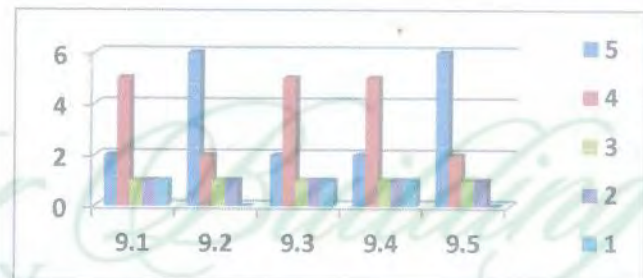


Figure 11. Graph of Athletes Selection

Quality Assurance System

The evaluation results show the answers of items (10.1) The existence of internal quality assurance system complete with criteria and assessment instruments as well as its use to measure the performance of each unit, as well as

dissemination of the results, (50%) of respondents chose no (4). Answer of items (10.2) The existence of internal quality evaluation system complete with criteria and assessment instruments as well as its use for measuring the performance of the organization, (60%) of respondents chose no (5). The tabulated results can be seen as follows:

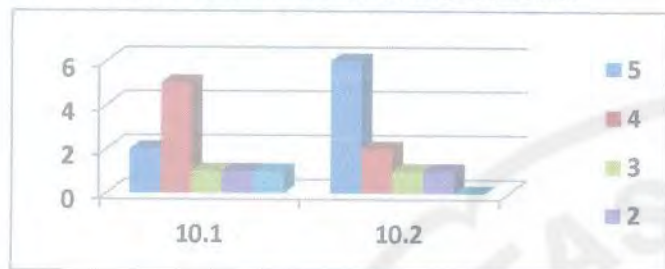


Figure 12. Graph of Quality Assurance System

7. FINANCING STANDARD

Fund Management

The evaluation results show the answers of items (11.1) Clarity and completeness of fund management policy documents, (50%) of respondents chose no (4). Answer of items (11.2) Percentage of resources obtained from the cost of the grant, the result of cooperation sponsors, communities and so per year, (60%) of respondents chose no (5). Answer of items (11.3) Clarity of guidelines for financial accountability in accordance with applicable regulations, (70%) of respondents chose no (5). Answer of items (11.4) setting mechanisms athlete training costs, (60%) of respondents chose no (5). Answer of items (11.5) Clarity of policy and financing mechanisms athlete, (60%) of respondents chose no (5). Answer of items (11.6) Clarity system of monitoring and evaluation of internal funding, (50%) of respondents chose no lattice (5). Answer of items (11.7) The financial statements are transparent and accessible to all stakeholders (40%) of respondents chose no lattice (5). The tabulated results can be seen as follows:

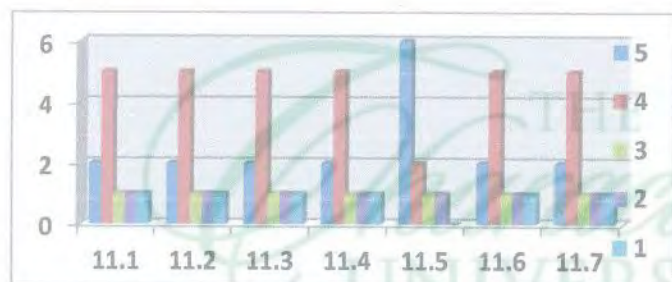


Figure 13. Graph of Fund Management

8. EVALUATION STANDARD

Evaluation of Exercises Result

The evaluation results show the answers of items (12.1) Conformity evaluation system training results with the target achievement of physical, technical and mental set, (50%) of respondents

chose no lattice (4). Answer of items (12.2) Conformity evaluation system training results with appropriate measurement model, (60%) of respondents chose no lattice (5). The results can be seen in the following tabulation

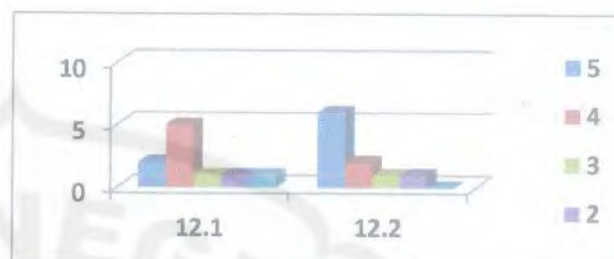


Figure 14. Graph of Evaluation of Exercises Result

9. COOPERATION STANDARD

Cooperation Achievement

The evaluation results show the answers of items (13.1) policy, management, and monitoring and evaluation by the Organization in cooperation activities, (50%) of respondents chose no (4). Answer of items (13.2) Number of cooperation in the last three years (60%) of respondents chose no (5). Answer of items (13.3) Percentage of coaches who are members of sports organizations or other professional sports field during the last three years (70%) of respondents chose no (5). Answer of items (13.4) Number of international level athletes out of total athletes (40%) of respondents chose no (5). The tabulated results can be seen as follows:

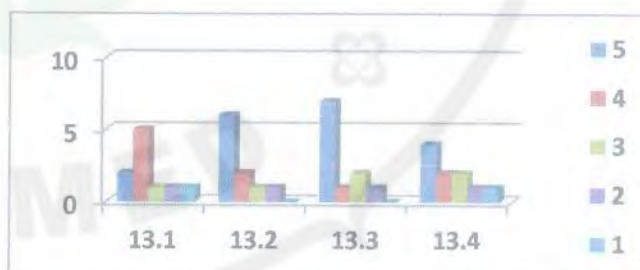


Figure 15. Graph of Cooperation Achievement

DISCUSSION

The results showed that, peoples need towards achievements in sports are rather significant. This is in accordance with the results of Team Economica Paper's Research and "Badan Otonom Economica Indonesia" of Economic Faculty, University of Indonesia in 2011, that conclude as follows: 59% improved, 24% the same and 17% worsened. While based satisfaction index of Indonesian society towards sports Indonesia with variable Achievement (71.85%), Event (79.24%), Impressions (77.13%), Facilities (59.36%), Development (63.86%), welfare (58.73%) and regeneration (67.09 %).

Model quality evaluation exercise show that needs to be done throughout the sports stakeholders in an effort to strengthen the system of tiered and sustainable development. It is appropriate Law No. 3 of 2005 states that sporting achievement is a sport that foster and develop the sportsman in a planned, tiered and sustainable.

In order to ensure enforceability and optimum results in the field of sporting achievement necessary integrated quality control system throughout the sport's governing achievement. The results showed that exercise training quality evaluation model of achievement as follows; (1) Formulation of quality document consists of; (a) a quality policy, (b) a quality manual, (c) quality standards, and (d) quality control instruments. (2) internal quality assurance system, (3) an external quality assurance system. These three aspects into one inseparable unity with the aim of gradually improving quality and sustainable. This is consistent with the concept of internal quality assurance system of higher education (2010).

The results showed that the percentage of achievement of management of sport organizations is generally low. This condition is caused not yet integrated quality assurance system that can guarantee the quality of each variable penelolan organization of sporting achievement.

CONCLUSION

First, the survey results of sports level of understanding the organization's management achievements in general do not understand what, how, why and their importance continuous quality assurance. This needs to be given an understanding for the management of the importance of quality in the process of exercise accomplishment. Needs of the importance of quality evaluation found that in general say the quality evaluation of exercise is needed. It is important to apply a quality evaluation model to evaluate the quality of exercise training.

Second, sports coaching achievements made in North Sumatera already exist although not evenly across all districts of the city, but would be very good if the quality of coaching is controlled and improved continuously.

Third, the approach to evaluation carried out so far is merely incidental and follow-up as well not exist.

Fourth, quality evaluation models need to be designed workouts which oriented continuously to quality improvement by implementing good practices through internalization of culture to quality and recognition from outsiders.

REFERENCE

Borg W.R and Gall M.D (1983). *Educational Research: An Introduction*. New York: London. Longman.

Fernandes H.J.X (1986), *Evaluation of Educational Program*: Jakarta: National Educational Planing, Evaluation and Curriculum Development.

Imran Akhmad dan Suharjo (2012), *Penelitian: Evaluasi Program Pembinaan Intensif (PPI) KONI Sumatera Utara Tahun 2012*. Hibah PNBPN Unimed, Medan.

..... (2010), *Sistem Penjaminan Mutu Internal Perguruan Tinggi*, Jakarta: Depdiknas, Dikti, BAN-PT

Alfina A., Yuliandra E., Desi S. (2012). *Olahraga Prestasi Indonesia*. Badan Otonom Economica, FE Universitas Indonesia (scribd.com/dokumen/104942171/Olahraga-Indonesia-Tulkisan-Utama-EP-54.

..... (2011). *statifaction indeks*, Badan Otonom Economica _ FE Universitas Indonesia (scribd.com/dokumen/104942171/Olahraga-Indonesia-Tulkisan-Utama-EP-54,

.....(2007). *Undang-undang Republik Indonesia Nomor 3 tahun 2005*. Jakarta. Kementerian Pemuda dan Olahraga RI

Strategies towards 21st Century
Challenges on Sport Sciences

ICSSHPE

The International Conference on Sport Science,
Health, and Physical Education
November 16 - 17, 2016



FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
UNIVERSITAS PENDIDIKAN INDONESIA

Present this honor certificate to

I Akhmad, Suharjo, R Dewi

for your kind participation as oral presenter entitled

THE MODEL OF QUALITY EVALUATION OF THE ACHIEVEMENT SPORT EXERCISES



Dr. Yunyuh Yudiana, M.Pd.
Dean of FPOK UPI



Dr. Eka Nugraha, M.Kes., AIFO
Chairman of ICSSHPE OC