

Abstract

Evaluation of The Implementation of The Training Program in The Artistic Gymnastics FKKSP Club

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Based on observation Prasurvei, found declining sports achievement artistic gymnastics FKKSP Club, allegations of because the exercise program given to less athletes walking in a maximum. This can result in the achievement of the club FKKSP artistic gymnastics difficult to achieve the expected achievement. The purpose of this research is to evaluate the training programs of the artistic gymnastics FKKSP Club.

This research is a Evaluation research with CIPP (*Context, Input, Process, Product*) method. The data obtained through observation, interview and documentation. The approach used in this research is a qualitative approach.

The results of this research showed that (1) The Purpose of the training program is the artistic gymnastics athletes prepare for competition, and from the interview and observation is visible preparation in the context of that done by the trainer before designing the training program, started analyzing the last program, analysis of the results of the last contest and needs analysis that athletes will come. And adjusted with the vision and mission of artistic gymnastics FKKSP club, (2) Have the training program, coach and athletes and have the means and infrastructure to support the exercise, but there are still many weaknesses in terms of input. As athletes education background and coach which still background senior high school, and still less some means and infrastructure that must be corrected, (3) The existence of the preparation of the training program in writing, the implementation of the training program with physical exercise components, techniques and the tactics and supervision training program by the coach, but still lack of supervision and management regional and national Persani, and sometimes because of the influence of the situation and condition there are differences in the program with the implementation of that done, (4) Existence of improvement of the attitude and the quality of the movement of the athletes during the training program. By product is seen a decline from the achievements of the club, but for the achievement of each athletes improvements, (5) Overall training program in the FKKSP club can be continued with some improvement in terms of Input and process.

ABSTRAK

Evaluasi Pelaksanaan Program Latihan Senam Artistik di Klub FKKSP

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Berdasarkan pengamatan Prasurevei, ditemukan menurunnya prestasi olahraga senam artistik Klub FKKSP, diduga karena program latihan yang diberikan kepada atlet kurang berjalan secara maksimal. Hal ini bisa mengakibatkan prestasi senam artistik Klub FKKSP sulit untuk mencapai prestasi yang diharapkan. Tujuan penelitian ini adalah mengevaluasi program latihan senam artistik Klub FKKSP.

Penelitian ini adalah penelitian Evaluasi Program dengan metode CIPP (*Context, Input, Process, Product*). Data diperoleh melalui observasi, wawancara dan dokumentasi.

Hasil penelitian ini menunjukkan bahwa (1) Tujuan dari program latihan atlet senam artistik adalah mempersiapkan atlet untuk menghadapi pertandingan, dari hasil wawancara dan observasi memang terlihat persiapan secara konteks yang dilakukan oleh pelatih sebelum merancang program latihan, dimulai menganalisis program terakhir, analisis hasil pertandingan terakhir, dan analisis kebutuhan atlet yang akan datang. Dan disesuaikan dengan visi dan misi klub senam FKKSP, (2) Adanya program latihan, pelatih dan atlet, serta memiliki sarana dan prasarana untuk menunjang latihan, hanya saja masih terdapat kelemahan-kelemahan dari segi input. Seperti latar belakang pendidikan atlet maupun pelatih yang masih berlatarkan SMA, dan masih kurang beberapa sarana dan prasarana yang harus diperbaiki, (3) Adanya persiapan program latihan secara tertulis, pelaksanaan program latihan dengan komponen latihan fisik, teknik dan taktik serta adanya pengawasan program latihan oleh pelatih, namun masih kurangnya pengawasan pengurus dan Persani Kota maupun Provinsi, dan kadang-kadang karena pengaruh situasi dan kondisi ada perbedaan yang ada pada program dengan pelaksanaan yang dilakukan, (4) Adanya peningkatan sikap dan kualitas gerak atlet selama program latihan. Secara product memang terlihat penurunan dari prestasi Klub, tetapi untuk prestasi masing-masing atlet terjadi peningkatan, (5) Secara keseluruhan program latihan di Klub FKKSP bisa dilanjutkan dengan beberapa perbaikan dari segi input dan proses.