

PENGEMBANGAN MODEL PEMBELAJARAN PENDIDIKAN JASMANI MATERI PENDIDIKAN KESEHATAN BERBASIS *COLLABORATIVE TEAMWORK LEARNING* BERBANTUAN VIDEO PEMBELAJARAN

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ABSTRAK

Tujuan dari penelitian ini adalah untuk mengetahui: (1) rancang bangun model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran; (2) validitas model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran; (3) kepraktisan model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran; dan (4) efektivitas model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran terhadap peningkatan hasil belajar aspek pengetahuan, keterampilan, dan sikap mahasiswa. Pengembangan model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran dilaksanakan melalui 5 tahapan, yaitu: (1) *Analysis*; (2) *Design*; (3) *Development*; (4) *Implementation*; dan (5) *Evaluation* (ADDIE) dengan melibatkan 7 orang ahli dalam proses uji validitas, 10 orang dosen dan 20 orang mahasiswa pada proses uji kepraktisan, dan 40 orang mahasiswa semester IV Prodi PGSD STAHN Mpu Kuturan Singaraja pada tahap uji efektivitas. Uji validitas dianalisis menggunakan formula Lawshe, analisis data uji kepraktisan menggunakan Penilaian Acuan Patokan, dan untuk menentukan efektivitas dianalisis dengan *Multivariate Analysis of Variance* (MANOVA). Hasil penelitian menunjukkan bahwa model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran dinyatakan valid, praktis, dan efektif. Berdasarkan hasil penelitian tersebut direkomendasikan kepada dosen pengajar pendidikan jasmani di STAHN Mpu Kuturan Singaraja dan dosen pengajar PJOK di perguruan tinggi yang lain dapat menerapkan model pembelajaran pendidikan jasmani materi pendidikan kesehatan berbasis *collaborative teamwork learning* berbantuan video pembelajaran dalam upaya meningkatkan hasil belajar aspek pengetahuan, keterampilan, dan sikap mahasiswa.

Kata kunci: collaborative teamwork learning, video pembelajaran, pendidikan jasmani, pendidikan kesehatan

DEVELOPING PHYSICAL EDUCATION LEARNING MODEL FOR HEALTH EDUCATION MATERIAL BASED ON COLLABORATIVE TEAMWORK LEARNING ASSISTED BY LEARNING VIDEOS

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ABSTRACT

The purpose of this study was to determine (1) the design of the physical education learning model for health education materials based on collaborative teamwork learning assisted by learning videos; (2) the validity of the physical education learning model for health education materials based on collaborative teamwork learning assisted by learning videos; (3) the practicality of the physical education learning model for health education materials based on collaborative teamwork learning assisted by learning videos; and (4) the effectiveness of the physical education learning model for health education materials based on collaborative teamwork learning assisted by learning videos on improving student knowledge, skills, and attitudes. The development of a physical education learning model of health education material based on collaborative teamwork learning assisted by learning videos is carried out through 5 stages, namely: (1) Analysis, (2) Design, (3) Development, (4) Implementation; and (5) Evaluation (ADDIE) by involving 7 experts in the validity test process, 10 lecturers and 20 students in the practicality test process, and 40 fourth semester students of PGSD STAHN Mpu Kuturan Singaraja in the effectiveness test stage. The validity test was analyzed using Lawshe's formula, the practicality test data analysis used Benchmark Assessment, and to determine the effectiveness, it was analyzed by Multivariate Analysis of Variance (MANOVA). The results showed that the physical education learning model of health education material based on collaborative teamwork learning assisted by learning videos was declared valid, practical, and effective. Based on the results of the study, it is recommended that physical education teaching lecturers at STAHN Mpu Kuturan Singaraja and PJOK teaching lecturers in other universities apply the physical education learning model of health education material based on collaborative teamwork learning assisted by learning videos in an effort to improve learning outcomes in the aspects of knowledge, skills, and attitudes of students.

Keywords: *collaborative teamwork learning, learning video, physical education, health education material*