

**IMPLEMENTASI *OUTDOOR EDUCATION* TERHADAP
HASIL BELAJAR PJOK MATERI KEBUGARAN JASMANI
PESERTA DIDIK KELAS VII SMP N 1 UBUD**

Oleh

Pande Made Dani Wiradhika Putra, NIM 2016011058

Jurusan Pendidikan Olahraga, Prodi Pendidikan Jasmani Kesehatan dan Rekreasi

E-Mail: pande.dani@undiksha.ac.id

ABSTRAK

Penelitian ini didasari karena adanya peserta didik yang tidak tuntas pada mata pelajaran PJOK materi kebugaran jasmani pada kelas VII SMP N 1 Ubud. Tujuan dari penelitian ini adalah untuk meningkatkan hasil belajar mata pelajaran PJOK materi kebugaran jasmani peserta didik kelas VII SMP N 1 Ubud dengan menggunakan metode pembelajaran *Outdoor Education* berbasis trekking dan *outbound*. Metode penelitian yang digunakan adalah penelitian tindakan kelas dengan subjek penelitian adalah peserta didik kelas VII-I SMP N 1 Ubud. Data hasil belajar dikumpulkan dengan cara tes hasil belajar dan lembar observasi untuk aspek kognitif dan aspek afektif sedangkan aspek psikomotor menggunakan Tes Kebugaran Siswa Indonesia (TKSI). Hasil penelitian menunjukkan adanya peningkatan hasil belajar pada siklus I dengan rincian pada aspek kognitif 2 dari 40 peserta didik tidak mencapai KKM dan pada aspek psikomotor dan afektif 40 peserta didik mencapai KKM, sehingga dilanjutkan pada siklus II yang menghasilkan seluruh peserta didik telah mencapai KKM pada materi kebugaran jasmani pada mata pelajaran PJOK. Dapat disimpulkan bahwa *outdoor education* dapat meningkatkan hasil belajar PJOK materi kebugaran jasmani peserta didik kelas VII-I SMP N 1 Ubud.

Kata-kata kunci : *outdoor education*, hasil belajar, trekking, *outbound*

***IMPLEMENTATION OF OUTDOOR EDUCATION ON THE
LEARNING OUTCOMES OF PHYSICAL EDUCATION, SPORTS
AND HEALTH PHYSICAL FITNESS MATERIALS OF GRADE
VII STUDENTS OF SMP N 1 UBUD***

By

Pande Made Dani Wiradhika Putra, NIM 2016011058

Department of Sport and Health Science, Physical, Sport and Health Education

E-mail: pande.dani@undiksha.ac.id

ABSTRACT

This study was based on the fact that there were students who did not complete the PJOK subject of physical fitness material in class VII of SMP N 1 Ubud. The purpose of this study was to improve the learning outcomes of the PJOK subject of physical fitness material for class VII students of SMP N 1 Ubud by using the Outdoor Education learning method based on trekking and outbound. The research method used was classroom action research with the research subjects being class VII-I students of SMP N 1 Ubud. Learning outcome data were collected by means of learning outcome tests and observation sheets for cognitive and affective aspects while the psychomotor aspect used the Indonesian Student Fitness Test (TKSI). The results of the study showed an increase in learning outcomes in cycle I with details on the cognitive aspect 2 out of 40 students did not achieve the KKM and on the psychomotor and affective aspects 40 students achieved the KKM, so that it was continued in cycle II which resulted in all students having achieved the KKM on physical fitness material in the PJOK subject. It can be concluded that outdoor education can improve the learning outcomes of PJOK on physical fitness material for class VII-I students of SMP N 1 Ubud.

Keywords: outdoor education, learning outcomes, trekking, outbound