

**PENGEMBANGAN MEDIA PEMBELAJARAN GERAK DASAR
LANGKAH KAKI DENGAN KOMBINASI GERAKAN TANGAN
BERBASIS VIDEO TUTORIAL PADA MATA KULIAH TP.
PEMBELAJARAN SENAM IRAMA DAN KEBUGARAN
UNTUK MAHASISWA PRODI PENJASKESREK
FAKULTAS OLAHRAGA DAN KESEHATAN
UNIVERSITAS PENDIDIKAN GANESHA**

Oleh

Gede Rio Suta Pratama

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

E-mail: rio@student.undiksha.ac.id

ABSTRAK

Penelitian ini bertujuan untuk mengembangkan media pembelajaran berbasis video tutorial pada materi gerak dasar langkah kaki dengan kombinasi gerakan tangan dalam mata kuliah TP. Pembelajaran Senam Irama dan Kebugaran. Rancangan pengembangan media menggunakan model ADDIE yang meliputi tahap analisis, perancangan, pengembangan, implementasi, dan evaluasi. Validasi produk dilakukan oleh ahli materi, ahli desain pembelajaran, ahli media, dan praktisi lapangan, sedangkan uji coba melibatkan mahasiswa semester IV kelas IKI Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Olahraga dan Kesehatan, Universitas Pendidikan Ganesha melalui uji perorangan, kelompok kecil, dan kelompok besar. Data dikumpulkan menggunakan kuesioner dan dianalisis secara deskriptif kualitatif serta kuantitatif. Hasil penelitian menunjukkan bahwa media memperoleh kualifikasi baik dari ahli materi (75%), ahli desain pembelajaran (97%), ahli media (100%), praktisi lapangan (90%), uji perorangan (90%), uji kelompok kecil (93%), dan uji kelompok besar (94%). Berdasarkan hasil tersebut, media pembelajaran berbasis video tutorial dinyatakan sangat layak digunakan sebagai sumber belajar dan media pendukung pembelajaran pada materi gerak dasar langkah kaki dengan kombinasi gerakan tangan dalam senam irama. Media ini diharapkan dapat dimanfaatkan oleh mahasiswa untuk mendukung pembelajaran mandiri dan meningkatkan pemahaman materi, serta digunakan oleh dosen sebagai alternatif media pembelajaran yang lebih menarik, interaktif, dan sistematis.

Kata Kunci: Pengembangan, ADDIE, Senam Irama, Video Tutorial, Pendidikan Jasmani

**DEVELOPMENT OF LEARNING MEDIA FOR BASIC FOOTWORK
MOVEMENTS COMBINED WITH HAND MOVEMENTS BASED ON
VIDEO TUTORIALS IN THE COURSE OF RHYTHMIC GYMNASTICS
AND FITNESS LEARNING FOR STUDENTS OF THE PHYSICAL
EDUCATION, HEALTH, AND RECREATION STUDY PROGRAM,
FACULTY OF SPORTS AND HEALTH, GANESHA UNIVERSITY OF
EDUCATION**

Oleh

Gede Rio Suta Pratama

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

E-mail: rio@student.undiksha.ac.id

ABSTRACT

This study aimed to develop a video tutorial-based learning media for the basic footwork movements combined with arm movements in the Teaching of Rhythmic Gymnastics and Fitness course. The media was developed using the ADDIE model, which consists of the analysis, design, development, implementation, and evaluation stages. Product validation was carried out by a subject matter expert, an instructional design expert, a media expert, and a field practitioner, while the product trials involved fourth-semester students of Class IKI in the Physical Education, Health, and Recreation Study Program, Faculty of Sports and Health, Universitas Pendidikan Ganesha through individual, small-group, and large-group trials. Data were collected using questionnaires and analyzed through descriptive qualitative and quantitative methods. The results showed that the media obtained a good qualification from the subject matter expert (75%) and very good qualifications from the instructional design expert (97%), media expert (100%), field practitioner (90%), individual trial (90%), small-group trial (93%), and large-group trial (94%). Based on these findings, the video tutorial-based learning media was declared highly feasible for use as a learning resource and as supporting media in teaching the basic footwork movements combined with arm movements in rhythmic gymnastics. The media is expected to assist students in independent learning and improving their understanding of the material, as well as serve as an alternative instructional medium for lecturers to create a more engaging, interactive, and systematic learning process.

Keywords: Development, ADDIE, Rhythmic Gymnastics, Video Tutorial, Physical Education.