

## Learning Management in Physical Education Subjects at State High School 2 Bengkulu

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### ABSTRACT

Investigating learning management in Physical Education classes at State Senior High School 2 Bengkulu is the goal of this study. Given the significance of physical education in shaping students' health and character, it is imperative to comprehend how learning management might impact classroom instruction efficiency. This study aims to examine how State High School 2 Bengkulu's Physical Education classes use learning management techniques and to pinpoint the variables that affect how learning management is implemented in this setting. This research uses a qualitative approach with a case study method. Document analysis, interviews, and observation were used to gather data. The research participants comprised two physical education teachers, sixty-four pupils, and school staff. According to the study's findings, Bengkulu State High School 2's physical education classes still employ learning management strategies that need to be improved in several areas, including formative assessment, student interaction, and the use of technology in the classroom. These elements impact how well students learn physical education in the classroom. Comprehensive examination of study results and their application to learning management principles. The implications of the research findings for better learning management strategies in Physical Education courses are also covered. The study's findings lead to the conclusion that some learning management issues in Physical Education courses require improvement. This conclusion offers State Senior High School 2 Bengkulu a foundation for enhancing and developing its instructional strategies. This study's limitations include its short duration and narrow focus on a single school. Formative assessments should be used, technology utilisation should be improved, and student involvement should be raised. Involving additional groups in the learning management development process, such as parents and school committees, is also advised.

**Keywords:** : learning management; physical education; learning technology; learning technology

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## INTRODUCTION

Unquestionably, physical education plays a crucial role in forming students' moral fibre and overall health as it is a required component of the State High School 2 Bengkulu curriculum. Learning management is a crucial component that affects how well the teaching and learning process works to guarantee the accomplishment of the learning objectives for physical education. Especially in physical education, learning management is essential to the success of the teaching and learning process. Teachers must thoroughly understand the curriculum and be well-prepared with the right tools and resources to handle physical education instruction effectively (Saputro, 2023). To establish a supportive learning environment, teachers must also play various roles, such as educators, mentors, facilitators, mediators, motivators, and assessors (Lestari et al., 2022). Educational institutions can better prepare students with the information, skills, and competencies needed for success in their respective disciplines by adopting

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the role of the learning manager (Bazarova, 2023). Attaining the learning goals in physical education and guaranteeing the best possible student results depend on efficient learning management (Muhlasin, 2019). Thus, this study aims to investigate and evaluate the learning management methods used in Physical Education classes in this particular educational setting.

In physical education, comprehensive and long-lasting learning is supported by effective management. This entails taking into account not just the information transfer but also the students' physical, mental, and health growth. Learning management strategies must be implemented to guarantee that students can positively develop their abilities and character during the physical education learning process (Perdima et al., 2022). Educators must comprehend the unique qualities of every student and choose appropriate learning models that positively affect students' psychological well-being (Alfani & Sugiharto, 2022). Furthermore, the COVID-19 epidemic has brought attention to the necessity of managing online physical education programmes effectively while accounting for the constraints and difficulties students encounter with the availability of equipment and their ability to engage in physical activity (Laar et al., 2021). Additionally, physical education can help students develop their critical and systemic thinking abilities, supporting health competence and sustainable development goals (Baena-Morales et al., 2023). Additionally, distance learning can help students develop health-preserving competence by highlighting the value of consistent physical education and a conscientious approach to health (Korol et al., 2020).

Learning management system development and implementation involves careful consideration of several issues. Limited resources must be considered since students frequently need more skills to effectively use new technologies and convenient access to the internet. Furthermore, as learning management systems should be made to accommodate customised and adaptive learning experiences, the dynamics of students' demands should be considered. These elements emphasise how crucial it is to give students—particularly those from rural areas—instruction assistance and formal training for faculty members on using new technology to improve distance learning (Piña, 2018).

This research will help identify the variables that affect how learning management is implemented in Physical Education courses. The results of this study will offer a thorough understanding of the methods used in education now and lay the groundwork for further advancements and progress. As a result, this study will advance our theoretical knowledge of learning management in the context of physical education while also offering schools useful recommendations for enhancing learning efficacy in the future.

## **METHODS AND MATERIALS**

This study aims to look into learning management in SMA Negeri 2 Bengkulu physical education classes. In light of the significance of physical education in forming students' morality and well-being, this study attempts to investigate how learning management may impact classroom learning effectiveness. In this endeavour, two physical education teachers and sixty-four students participated in the research using a qualitative approach and case study methodology. Teachers and students enrolled in Physical Education classes at SMA Negeri 2 Bengkulu comprised the study's population.

Sixty-four children from different grade levels and two physical education teachers who worked at the school made up the sample.

Interviews, observation, and document analysis are some techniques used in data collection. Examining learning plans, meeting minutes, and instructional materials about learning management are all part of the document analysis process. Teachers of Physical Education will be interviewed to gather comprehensive viewpoints on learning management strategies. In the meantime, learning management implementation will be directly understood through close observation in physical education classrooms.

To verify the accuracy of the conclusions, the data will be analysed, considering the triangulation of data from many sources. The research tools comprised document analysis formats, observation checklists with learning management indicators, and structured and semi-structured interview questions. This study aims to understand better the possibilities and difficulties associated with learning management in physical education courses at SMA Negeri 2 Bengkulu. These results can pinpoint areas that require development and serve as a foundation for creating more potent teaching techniques.

## RESULTS AND DISCUSSION

### *Findings*

#### *1. Learning management system implementation*

The results of the study verify that issues still need to be fixed with the way learning management is being implemented in physical education classes at SMA Negeri 2 Bengkulu. It was discovered that, despite the efforts of certain educators, there is an immediate need to improve critical elements, including formative assessment, student interaction, and technology integration into the classroom. More advancements in this area may improve the efficiency of instruction and learning in physical education classrooms.

#### *2. Formative Evaluation*

According to research, formative assessment in physical education programmes needs to be reinforced. The results indicate that there may be chances to create assessment tools that are more varied and pertinent to learning objectives, even if teachers typically rely on traditional evaluation methods. Formative assessment enhancement can help personalise learning and give students a more comprehensive view of development.

#### *3. Student-Student Communication*

Research indicates that more contact between students in Physical Education classrooms is necessary. Even though there have been some group activities, more must be done to improve the tactics that promote all students' active engagement to foster an inclusive learning environment. Collaborative efforts and interactive tactics can foster social growth, raise student involvement, and create a dynamic environment in the classroom.

#### 4. Technology Use

The results highlight the drawbacks of integrating technology into physical education instruction. Teachers should be encouraged to make more innovative and efficient use of digital tools and resources while technology integration is still limited. A thoughtful use of technology can boost students' interest in the subject matter and offer diverse teaching methods.

#### 5. Difficulties with Learning Management

Studies reveal various obstacles in the field of learning management, including temporal limitations and the accessibility of resources. These difficulties may make adopting more creative and effective teaching methods more difficult. Adapting learning methodologies to the realities of the school environment and more efficient resource allocation could be part of the solution to these problems.

## **DISCUSSION**

The way that SMA Negeri 2 Bengkulu's Physical Education courses use learning management indicates that there is a critical need for improvement. While some educators have tried to incorporate specific tactics, research indicates that important areas like technology use, student interaction, and formative assessment still need to be strengthened. To boost learning effectiveness and adapt to the ever-changing needs of the modern world, this field needs to make significant improvements in learning management.

The primary topic of this study is formative assessment in physical education programmes. The results indicate that teachers typically employ traditional methods. As a result, it's essential to create assessment instruments that are more diverse and pertinent to learning goals. A more complete picture of students' development and the basis for individualised learning can be obtained through better formative assessment implementation. Teachers in physical education courses frequently use conventional formative assessment techniques (Harriet, 2023). Nonetheless, it is imperative to create more pertinent and varied evaluation tools that support learning objectives (Liang, 2023). Improved formative assessment procedures can lead to a more thorough understanding of students' growth, which can constitute the cornerstone of customised instruction (Mngomezulu et al., 2022). This can be accomplished by utilising alternate techniques, such as continuous evaluation and alternative tasks, that boost student interest and offer instant feedback (Young, 2023)(Mngomezulu et al., 2022). For formative assessment to be implemented meaningfully in physical education classrooms, it is also critical to address the difficulties teachers encounter, such as big class numbers and scarce resources (Otero-Saborido et al., 2021). By doing this, educational institutions can support learner-oriented assessment techniques that raise student interest and the standard of instruction in physical education.

Furthermore, research on the amount of student engagement that has to be raised indicates that a more inclusive learning environment is required. While certain group activities have been instituted, there is still a need to refine tactics that promote full engagement from all kids. In addition to fostering a dynamic classroom environment and promoting students' social development, collaborative efforts and the creation of interactive tactics can increase student involvement.

The use of technology in education also reveals obstacles that must be removed. Research indicates that there still needs to be more technology integration in education, and educators should be motivated to make more innovative and efficient use of digital tools and resources. A dynamic learning environment, more student involvement, and a diversity of learning modalities can all be achieved through intelligent technology. Challenges related to learning management, like time limits and resource accessibility, offer additional understanding of the dynamics of the learning environment. Increasing the efficiency of resource allocation and modifying learning tactics to fit the classroom's needs are two ways to address these issues.

Creating more diverse formative assessment instruments, teacher training, and applying tactics to boost student engagement are all suggested ways to improve learning management. The secret to putting comprehensive ideas into practice is investing in the professional development of teachers and fostering collaboration between educators and schools. This suggestion is the cornerstone for SMA Negeri 2 Bengkulu's progressive and long-lasting learning culture development. As a result, this research highlights issues and offers a foundation for positive change to raise the standard of instruction in the Physical Education course.

## CONCLUSION

It is clear from research findings about the application of learning management in Physical Education classes at SMA Negeri 2 Bengkulu that numerous areas of learning require immediate improvement. While some educators may have adopted specific tactics, formative assessment, student engagement, and technology utilisation continue to be crucial areas for development. Higher quality learning can be facilitated by more varied and pertinent formative evaluations, more student interaction, and more efficient use of technology.

It is imperative to solve implementation deficiencies in learning management by implementing interactive tactics, developing various formative assessment tools, and providing more in-depth teacher training, among other recommendations for improving learning management. These actions address research findings while also providing SMA Negeri 2 Bengkulu with the chance to provide a more engaging and pertinent learning environment. This research offers a solid foundation for ongoing effort towards development, resulting in beneficial modifications to teaching and learning strategies in physical education.

## CONFLICT OF INTEREST

We certify that there is no actual or potential conflict of interest in relation to this article.

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