



Application of Blended Learning in Physical Education: Article Review

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ABSTRACT

The writing of this article aims to examine the implementation of blended learning-based physical education and sports learning. Article searches were carried out by utilizing the Google Scholar media published in the last 10 years, with a total of 10 articles related to the application of blended learning in physical education learning. The conclusion in this review is that Blended learning provides convenience and efficiency in the implementation of physical education learning, through blended learning it provides convenience for students to access various materials related to learning in physical education.

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INTRODUCTION

The times followed by technological developments have influenced everything from the economy, politics, and society to the way we learn. With changing times and increasingly sophisticated technology, more and more people are thinking about how to manage their time more effectively and efficiently at different distances. In education today, educators and students use technology as a source of learning or information to support the learning process and make learning more effective. (Sumintono & Wibowo, 2012) states that information and communication technology in education can affect the movement and retrieval of broad and unlimited information that can be retrieved quickly. Technology that is getting faster and more sophisticated, including the internet as a source of information and communication or related learning skills so far, really helps the process of learning and learning in the world of education. Based on data from the Central Statistics Agency (2018), the distribution of internet users in Indonesia is 55% in Java, 21% in Sumatra, 10% in Sulawesi, 10% in Maluku and 9% in Papua. 5% for Kalimantan and Bali, 5% for Nusa Tenggara.



Based on the data above and the behavioral trends of the current millennial generation, learning needs to be optimized in terms of technology, because all forms of community activity often involve technology. Therefore, education must also be up-to-date in terms of adapting community activities so that all forms of activity are balanced. The definition of education according to (Sulfemi & Minati, 2018) Education is defined as the development of students who have mental strength, religion, self-discipline, intelligence, noble character, and skills needed by students, society, nation and country. the combination of learning resources and learning actors provides a more lively and diverse learning process and is the main attraction of the learning process. Advances in information and communication technology (ICT) are increasingly felt along with changes in traditional face-to-face learning patterns for more open education using information and communication technology as learning media. The challenge going forward is how to use new technology wisely and appropriately to meet global needs (Istiningsih & Hasbullah, 2015). Another approach is to apply learning with a blended learning model as the use of technology in physical education. Blended learning is learning that combines the benefits of learning from three main sources: (1) face-to-face learning, (2) offline learning, and (3) online learning. So, from the understanding above, blended learning is not just technology learning, but this learning model is packaged into one, which allows face-to-face learning such as lectures in class, offline such as watching videos, listening to audio, and online such as video calls (Prasetyo, 2020; Dwiyogo, 2014) blended learning is learning that combines face-to-face meetings and computer-based learning which includes online and offline learning. Blended learning-based learning is an interesting learning because students are faced with various kinds of situations and learning styles, so that learning is not monotonous. With the application of blended learning, learning is no longer only face-to-face (Nordin & Alias, 2013) states that face-to-face learning is limited by time. Most school subjects including history require more time for students. Therefore mixed learning is useful for the education system from elementary to tertiary level.

Therefore, this article review was prepared with the aim of providing information related to the implementation of blended learning-based learning where this learning is one of the methods that is considered appropriate in improving student learning outcomes, especially in physical education and sports learning by utilizing existing technological advances. In addition, this article is intended to provide an overview of the application of blended learning and references for educators and trainers who use learning in the form of movement to improve the quality of learning in relation to the application of blended learning models.

METHODS

This research uses a qualitative descriptive research model, which is a study that uses various literature reviews to perfect the research analysis. The study was carried out by collecting literature, reviewing some of the key terms from the study, then collecting relevant research literature, compiling discussions, and conducting an analysis based on all the literature and then drawing conclusions based on the results obtained. Analyze and

make recommendations based on the conclusions obtained. The data collection method used in this research is a data collection method by digging and searching for literature on the problem to be studied. Search for articles in this study through Google Scholar with the keywords learning models, blended learning, and sports health physical education. Data obtained from various literatures are put together in a unified document that is used to answer predetermined problems, in this case the application of blended learning in physical education learning.

RESULTS AND DISCUSSION

This article presents the results of research on the application of blended learning in physical education learning. In the following, we present the results of research from 10 research articles on the application of blended learning in physical education learning.

Table 1. Results of article reviews

Authors	Title	Purpose	Method	Sample	Result and fundings
Muhamad Ichsan Sabillah, Ahmad Nasrulloh (Utama Bandi, 2011)	Pelaksanaan Pembelajaran Pendidikan Jasmani Olahraga Kesehatan Berbasis Blended Learning di Era Pandemi Covid 19	The purpose of writing this article is to examine the implementation of blended learning-based physical education and health sports in the era of the co-19 pandemic.	The search for this article uses a qualitative descriptive method through a literature study that originates from relevant references to be studied conceptually and is concluded from the results of the discussion.	National journal	The results of this study show that the implementation of blended learning-based PJOK learning in the era of the Covid-19 pandemic can help the learning process become more effective and efficient.
Muhammad Cahya Destiawan, Sapto Adi, Roesdiyanto (Fitriady et al., 2020)	Media Pembelajaran Berbasis Blended Learning Pada Olahraga Renang	Aims to examine and analyze Blended Learning-Based Learning Media in Swimming Courses.	The data collection method used in this study is by accessing various articles on Google Scholar	National and international journals	The application of blended learning has proven to be effective and efficient in swimming courses.
Fernadiksa Rasta Putra Pratama (Pratama, 2021)	Penerapan Blended Learning dalam Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan	Aims to find out the application of blended learning in physical education learning in order to utilize	The method for compiling this article was obtained from the Google Scholar database using the	Ten articles from 2016 to 2020 regarding blended learning.	Blended learning is needed in learning physical and health education because it provides opportunities for students so that learning will be more effective, efficient, and motivation to learn will arise.

		various kinds of media to support the learning process.	keywords blended learning-based learning in physical education and health education, which were published from 2010 to 2020.		
Estrado Isaci Selestiano Rodriquez, Wasis Djoko Dwiyogo, Supriyadi (Rodriquez et al., 2020)	Blended Learning Matakuliah Sepakbola untuk Mahasiswa Pendidikan Jasmani Kesehatan dan Rekreasi	The aims of this research and development are (1) to produce a teaching material product for soccer courses based on blended learning (face to face, offline, online) and (2) to test the effectiveness, efficiency and attractiveness of product development. The product specifications developed are in the form of face-to-face teaching materials using printed books, offline teaching materials using interactive multimedia in the form of Autoplay Media Studio 8.0, and online teaching materials using virtual classes, namely Edmodo.	Research and development of teaching materials for soccer courses based on blended learning uses quantitative research with pre-experimental design methods.	Students at the Department of Physical Education, Health, and Recreation, IKIP Budi Utomo Malang	Blended learning is proven to be able to increase student motivation, interest, and learning outcomes in football learning including aspects of effectiveness, efficiency, and attractiveness.

Muhammad Teguh Prasetyo (Prasetyo, 2020)	Mengoptimalkan Pembelajaran Pendidikan Olahraga Melalui <i>Blended Learning</i> Di Papua	The purpose of writing articles is to review or study sports education learning based on blended learning.	Search articles using Google Scholar with the keywords sports education and blended learning which were published in 2012 to 2020 with a total of 12 national up to date articles related to blended learning in sports education.	12 national up to date articles related to blended learning in sports education.	Sports education learning can be optimized through blended learning, especially in Papua because it can make it easier for students/students who have certain learning styles such as visual and audio, and also improve the quality of learning for both students/students as well as lecturers and teachers in Papua to move forward in having a positive impact on equality independent learning so as not to be left behind by other regions.
6. Andif Victoria, Pinton Setya Mustafa, Dedi Ardiyanto (Victoria et al., 2021)	Pembelajaran Pendidikan Jasmani dan Olahraga berbasis <i>Blended Learning</i> di Sekolah Menengah Pertama	To discuss physical education and sports based on blended learning in junior high schools.	Qualitative approach, which examines references related to the topic of physical education and blended learning.	National articles related to blended learning	Blended learning provides a number of important advantages for teachers and students, including helping educators to develop better in the learning process according to learning styles and preferences in learning, providing realistic practical opportunities for teachers and educators to learn independently, benefit, and continue to develop students who are active in the learning process responsibly on his own work.
Yudabbirul Arif (Arif, 2020)	Pelatihan Pengembangan an	Aims to train students of Penjaskesrek	The implementation of this	Physical education student at	Increased knowledge of physical education students at Nusa Cendana University

	Pembelajaran Olahraga Renang Melalui Model Pembelajaran E-Learning Dan <i>Face-To-Face (Blended Learning)</i> Dalam Mata Kuliah Aquatik 1	and University of Nusa Cendana to use direct face-to-face learning and also use e-learning media in aquatic lectures.	service consists of three stages, namely: preparation, implementation and evaluation.	Nusa Cendana University.	about direct learning and e-learning and skills in using it in interactive and fun online learning media in the process of teaching and learning activities in aquatics.
Dony Navia Pratama (Pramono et al., 2020)	Penerapan <i>Blended Learning</i> Dalam Pembelajaran Olahraga Keterampilan Bolavoli	The purpose of making this article is to find out how far the development or application of blended learning is in learning volleyball skills.	The writing method uses meta analysis.	The data source used is primary data consisting of 10 articles. Data collection techniques observation techniques in the form of documentation.	The conclusion in this article is that the application of blended learning in learning volleyball skills is good, because the results of experimental research, research and development, and classroom action research show that it can be used to improve learning outcomes in volleyball skills.
Indra Duwi Kristiono, Wasis Djoko Dwiyoogo, Imam Hariadi (Kristiono et al., 2019)	Pembelajaran Ilmu Gizi Olahraga Berbasis Blended Learning pada Mahasiswa Pendidikan Jasmani, Kesehatan, dan Rekreasi	The purpose of this research and development is to produce a learning product based on blended learning (face to face, offline and online) in sports nutrition courses.	This research belongs to the type of Research & Development (R&D) which aims to produce a product through certain procedures or steps	Student majoring in physical education, health and recreation, Faculty of Teacher Training and Education, Nusantara University PGRI Kediri	With blended learning-based learning products it can increase efficiency which previously had to be done with 16 meetings, with blended learning the time needed is relatively short 3 meetings and has good effectiveness.
Ndaru Kukuluh Masgumelar, Wasis Djoko Dwiyoogo, Siti Nurrochmah (Masgumelar et al., 2019)	Modifikasi Permainan menggunakan Blended Learning Mata Pelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan	This study aims to develop game modification products using blended learning and test their effectiveness in the learning process.	The method used in this study refers to the blended learning development model	80 students from SMAN 1 Gondanglegi, SMAN 1 Kepanjen, SMAN 1 Bululawang, and SMAN 1 Turen	The learning process using a blended learning approach is considered to be able to achieve learning objectives proportionally in terms of effectiveness, efficiency and attractiveness.

The learning process in physical education often uses traditional learning methods (face to face). This is because the direct learning method requires demonstrations

between the teacher and students so that the implementation is more effective. However, this does not rule out the possibility of applying other learning methods. Based on the review analysis of 10 (ten) existing and described articles, there are several related arguments that support each other, starting from several factors that influence or attract things from blended learning. In short, this blended learning learning model has its own appeal for students. Consistent with the previous article, (Noviansyah, 2015) concluded that blended learning is a learning model that has its own charm by combining e-learning with immersive experiences, without face to face. Collaborate to keep students from getting bored quickly and tends to lead to higher learning motivation. For example, by displaying media or subject matter in video format during the learning process, it allows students to practice what has been taught before.

The application of blended learning makes the educator's job in providing understanding to students easier, as explained in the article regarding blended learning above. This is because the blended learning learning method utilizes online media in its implementation. This online learning media can be accessed using smartphones or laptops that have the ability to conduct learning through video. Educators can use these various media in various situations when they cannot carry out the learning process face to face. With the rapid advancement of technology, it increasingly requires students to be critical, thirsty for knowledge, and intellectually intelligent in finding various information related to the knowledge they study. So by implementing blended learning, students are freer and more flexible in finding various sources of information relevant to their studies, including the internet, such as the web, Google Scholar, Youtube, and Ruang Guru. This makes student work more enjoyable because it is supported by various learning media and technologies that vary widely.

Implementation of learning with the blended learning method can be influenced by several factors, including economics, education, technology, and culture (Dwiyoogo, 2014). In addition, research supported by (Giannousi & Kioumourtzoglou, 2017) considers students' internet self-efficacy and teachers' attitudes towards e-learning indicating that web-based education is an important alternative for students studying physical education subjects. Therefore, when implementing blended learning, the teacher needs to pay attention to the existing elements so that learning can run as expected.

CONCLUSION

Based on the results of a review of 10 (ten) articles related to the application of blended learning in learning physical education and sports, the following conclusions can be drawn: 1) Blended learning provides convenience and efficiency in implementing physical education learning, because in practice blended learning can be done anytime and anywhere by utilizing various existing online learning media; 2) Through blended learning, it makes it easy for students to access various materials related to learning in physical education. Due to the availability of various kinds of online learning media that can be accessed easily using a smartphone or laptop; 3) Blended learning can be used as a solution to various problems in the world of education. Because the implementation method provides various conveniences in the learning process, makes

students more independent, and provides a learning nuance that is full of innovation and in accordance with the times.

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