

Intensive Training Program Evaluation of the Indonesian National Sports Committee of North Sumatera

Chairul Azmi, Agung Sunarno

Faculty of Sport Science , Medan State University

Abstract: *This research to aim intensive training program evaluation of the indonesian sport committee of north sumatera year 2013-2016. Approches used in program evaluation research is CIPP models (stufflebeam's)the observed from steps context , input , process, and product. The research methode evaluation used design with mixing method or elective. A sample of 40 research instrument in use is the analysis of documents, interviews and questionnaires and data analysis techniques using percentages. The results of this study are (1) context sport coaching programs and government support for intensive training program of the indonesian national sports committee of north sumatera is already in good condition (79%), (2) input intensive training program of the indonesian national sports committee of North Sumatera is already in good situation (80%)(3) process intensive training program of the indonesian National sports committee of North Sumatera is already well. And (4) intensive product development program of the indonesian national sports committee of north sumatera on condition enough (65%). Conclusion intensive training program of the indonesia national sports committe of north sumatera year 2013-2016 workly well.*

Keywords: Evaluation Program, Intensive Training

1. Introduction

The sport achievement north sumatera for event national sport to XVII year 2012 at pekan Baru, Riau ranks to VIII with 15 gold medals , 19 silvers, and 23 bronzes. The result that obtained at national sport week XVIII above will be made as a guide for planning intensive training indonesian natioanal sports committee of north sumatera in toward in preparation of the national sport week XIX in west java year 2016 in connection with the the frreagoing sport committee of the national north sumatera arrangement a program in 4 annual namely intensive training program 2013-2016. Intensive training program of the indonesian national sport committee of north sumatera consist of three categories such as the first category (super priority) the second category (priority) and third category (superior). The number of sport athletes and coaches at the intensive training program of the indonesia national sport comittee of north sumatera annuallly change it is in because the program uses a system of promotion and digredasi undertaken by the managements of sport and national sport committee indonesian north sumatera base on indicators that have been set. For the intensive training year 2013-2016 will be evaluated in terms context, input, process, and product. The problem in this reserach is how the implementation of the intensive training program indonesian sport committee of north sumatera year 2013-2016.

2. Literature Review

The intensive training program of indonesian national sports committee of north sumatera 2013-2016

The intensive training program of indonesian National Sports committee of North Sumatera is training program medium term is quadrennial in question and the aim is north sumatera coaching athletes container potential in preparation for national championship and internationally and prepare the athletes of north sumatera branch individual sports

espesialy for facing the national sport week and can contribute medals at the national sport week XIX year 2017 in west java. Through intensive training program of the indonesian national sport committee of north sumatera on expected achievment in national sports week XIX / 2016 in west java to increased compared week national sports XVIII / 2012 Pekan Baru, Riau. This intensive training program includes (1) context is goverment support and society , availability of human resources (2) input includes are selection acceptable of athletes coaches and assistant coaches , the feasibility of the financing of infrasturcture development program (3) process includes are the implementation of the training program of promotion and relegiation system coordination welfare and transport . (4) product includes are success coaching program accomplishments and achievements of local regional and national achievement.

The intensive training program is seen in context that the goverment and peoples of north sumatera support this program this is attested by at given it grants to the indonesian national sports committee of north sumatera in every year. While that of the availability of Human resources in the implementation of this program is the number of qualified athletes and coaches in north sumatera.

Intensive training program in terms of the inputs that have made the criteria of athletes and coaches intensive training program of the indonesian national sports committee of north sumatera as follow :

1) Criteria athlete intensive training program

- (a) Intensive training program of athletes criteria north sumatera athletes who follow the national training camp gold, silver, bronze medalist at the national sports week XVIII year 2012 individual sports section.(b) intensive training program year 2013- and 2014 is athletes who follow the national training camp and the gold ,silver,

bronze medal in the national championship. (c) intensive training program year 2015 is intensive training program of the national sports week that coach athletes who qualify for pre qualifying round of the national sports week XIX year 2015. (d) proposed by provincial sports officials concerned (e) able to comply with any regulation as an athlete intensive training program and will defend north sumatera contingent on the national sports week XIX year 2016 west java. (f) age athletes in coaching is the athlete who is currently at the national sports week XIX / 2016 in accordance with the sport contested in the national sports week (g) athletes must have a health condition and physical well therefore obliged to follow the athlete's health and physical tests recommended by the indonesian national sports committee of north sumatera and (h) get parental approval.

2) Trainer criteria in intensive training program

(a) Physically and mentally healthy are shown by a health certificate by government doctors (b) must have a certificate of national coach accordance sports, (c) proposed by the provincial government sport and approved by the indonesian national sports committee of North Sumatera, (d) willing to follow all the rules that apply according to provisions intensive training program and (e) willing to sign a MoU (employment contract) which is done every year.

Intensive training program in terms of the process that has been created following implementation guides ; (a) athletes and coaches carrying out an exercise program with seven training sessions twice a week such as 5 days and 2 days early afternoon. (b) schedule a time and place athletes training intensive training program is determined by the provincial board sports. (c) school or college athletes to keep doing the exercises corresponding point 1 but given free way to schedule or time of exercise, (d) training athletes in focus in the development of physical condition and technical ability or skill psychological maturity. (e) the balance between training load with nutrition and rest patterns. (f) developments pattern and practises are always applied science and technology. (g) implementation of the centralized conducted training ground in charge of each provincial sport.

Appropriate nature intensive training program in the run is always a commitment for athletes to train in earnest to achieve the best performance at the national sports week XIX year 2016 west java. The implementation of promotion and relegation will be enacted against all athletes who entered an intensive coaching program. Monitoring will be done during the year and the evaluation will be conducted at the end of the year. Evaluation each year end i would be a provision for the determination of the athletes into three categories. Requisite requirement to athletes promotion or relegation are as follows (a) athletes who excel at the national championship held on official board of the central committee of the sport and gain higher achievements according to the provision of each category of intensive training program and (b) athletes who entered the national training camp in preparation for seas games asian games and olympic .

The terms of athletes in degradation is (a) athlete while attending an official national championship held a large board or the central committee of the sports parent medal in the medal obtain it down from the previous year when the athlete is clasified into category athlete intensive training program and (b) athletes are not optimal in practice marked lack of seriousness in the exercises or often absent in practice

Seen intensive training program in view of the terms its products are is the success of the athletes and coaches in following the national championship conducted by a large board or the central committee in each year. As well as other equivalent championship with these activities.

3. Evaluation

Evaluation is a systematic process to determine or make a decision to what extent or program objectives achieved. Evaluation of the program is a series of activities will be undertaken deliberately to look at the success rate of the program. For evaluate the program are activities that are intended to find out how high the level of success of the activities planned. [1] Arikunto, (1998), [2] verducci (1980), [3]kirkendall (1980). Thus the evaluation is a systematic process to determine the value base on the data collected through measurement. Scoring process must be conducted objectively and try to subjective elements are not include as a consideration in the assessment. In other word can express that evaluation included two steps ahead. in carrying out intensive training program evaluation of the indonesia national sport committee of north sumatera . the resercher will give a good form of qualitative and quantitative.

For realize the intensive training program in order to run as expected and outlined provisions in the indonesian national sports committee of north sumatera, the indonesian national sports committee of north sumatera evaluate annually.

Evaluation of progress made as a control exercise and health condition of athletes must be carried out periodically

Result of tests to control the exercise include the technique or skill test conducted in accordance with their respective sports in coordination with the provincial sports officials concerned. Whereas the physical and medical tests carried out in cooperation with the faculty of sports science, Medan of state university.

The big outlines in the evaluations are as follows : (a) the presence of the athlete or coach training, (b) health condition ,skill, physical and phychological condition of athletes. (c) training program in applied trainer (d) environment of facilities comfort and infrastructure practice. (e) events is programmed as a test and development parameters that have been made (f) achievement data in each number / class nationally as study materials information to athletes in who monitored. (g) the development chart of each athletes

A program must be evaluated in order to determined whether the program is successful or failed. The evaluative research intended to find out the end of their policies in

order to determine recommendation on the policies ago, that the ultimate aim is to improve further policy. According to Kaufman and Thomas in quotes by [1] Arikunto and cepi safruddin, abdul jabbar (1998) there are 8 evaluation models they are (1) Good orientation evaluation model developed by Tyler (2) Goal free evaluation Model, developed by scriven, (3) Formative sumative evaluation Model developed by michael scriven, (4) countenance Evaluation Model developed by stake (5) Responsive Evaluation Model developed by stake (6) CSE-UCLA Evaluation Model, when will emphasize evaluation done (7) CIPP Model, developed by Stufflebeam, and (8) Discrepancy Model, developed by Pravus.

Select the model in evaluation research intensive training program (PPI) The Indonesian national sport committee north sumatera is CIPP Model that abbreviation from context, input, process and product that are customized to the needs for the purpose of taking decision and improve program (4) Stufflebeam (2003), (5) At-katami (2012), (6) Powell (2015).

4. Method

This research held on Indonesian national sports committee of north sumatera, the total sample 40 peoples comprising representative from the government and the coach builder athlete. This method is using planned mixing or elective. Instrument Research, (1) document, (2) interview, and (3) questionnaire (7) Hasan (2002) and analysis techniques data using description and percentages. The criteria used for evaluation of intensive training program of the national committee Indonesia north sumatera such as 25-43 Less, 44-62 Enough, 63-81 Good and 82-100 Very Good.

5. Result

- 1) The intensive training program of Indonesian national sports committee of north sumatera 2013-2016 based on context includes: Government support, society, availability of human resources. Obtained data from 40 respondents 30 people (75%) good, 6 people (15%) enough and 4 people (10%) Less
- 2) The intensive training program of Indonesian national sports committee of north sumatera 2013-2016 based on input includes admission selection athletes, coach, and assistant coach, infrastructure appropriateness the financing of development program. Sources data from 40 peoples respondent such as: data 32 people (80%) Good, 5 people (12.5%) Enough and 3 people (7.5%) Less.
- 3) The intensive training program of Indonesian national sports committee of north sumatera 2013-2016 based on process includes; the implementation of the training program of promotion and relegation system data obtained from 40 respondents such as: data 32 people (80%) Good, 4 people (10%) Enough and 4 people (10%) Less.
- 4) The intensive training program of Indonesian national sports committee of north sumatera 2013-2016 based on product includes: success coaching program accomplishment and achievements of local regional and national achievements. Obtained data from 40

respondents such as: Data 12 peoples (30%) Good, 26 peoples (65%) Enough and 2 people (5%) Less.

6. Conclusion

The intensive training program of Indonesian national sports committee of north sumatera to be evaluated from part context, input, process and product to be success.

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