

# **IMPROVEMENT OF LEARNING OUTCOMES IN PHYSICAL FITNESS COURSE THROUGH BE-SMART LEARNING IN SPORT SCIENCE PROGRAM PPS UNY**

**by Suharjana, Widiyanto**

## **ABSTRACT**

With the availability of learning support facilities with hotspot areas, it should be able to be used to support the learning process. But the reality of student learning independence is currently lacking. The purpose of this study is the application of Blended Learning learning that combines face-to-face learning (face to face) and electronic learning (e-learning) in the Physical Fitness Course in the Master of Sport Science Study Program Postgraduate Program at Yogyakarta State University. The design used in this study is in the form of classroom action research (CAR), with an orientation to the repetition of learning or deepening in learning activities. The action research design consists of four components which constitute a cycle starting from the planning stage, implementing the action and observing, reflecting and revising, then followed up with the next cycle if it is still needed. Based on the results of activities carried out by researchers starting from the planning, development, and implementation stages of Blended Learning learning in the Physical Fitness Course it is known that researchers and most students have never previously received or conducted lectures using Be-Smart so that applications with Be-Smart were felt still unfamiliar and needs to be adapted, this is seen when the first lecture implementation is still very few students who respond to responses related to lecture material conducted with Be-Smart. But after the next meeting you can adjust. The other results with Be-smart learning are more triggering interaction between students to discuss, because the available space is not limited and the time so that students can have discussions anywhere and anytime.

Kata Kunci: *Be-Smart, E-Learning, Physical Fitness*