

# **The Effectiveness of Constructivist and Conventional Athletic Learning in Improving Learning Outcomes for Junior High School Students**

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## **ABSTRACT**

This research aims to: (1) analyze the effectiveness of Constructivist and Conventional learning models in improving Learning Outcomes for Grade 7 Middle School students. This type of research is Quasi Experimental to test differences in the effectiveness of learning models. Research subjects are in the evaluation stage or testing the effectiveness of the learning model implemented in two schools with two groups divided into each school.

The effectiveness test instrument is a psychomotor test using a skills observation sheet and a 30 meter sprint test. The cognitive test uses LKPD material on short distance running and fast walking with an analysis system. The affective test uses a responsible attitude observation sheet. Data was analyzed quantitatively and qualitatively.

The research results showed that: The constructivist learning model based on the t test and gain score was declared effective in improving basic athletic skills (0.71), higher order thinking (0.73) and responsible attitudes ( $p < 0.05$ ).

*Kata Kunci: learning model, athletics, movement skills, higher level thinking, responsible attitude*