

## Improving Coach Competence as an Effort to Improve Science and Technology-Based Sports Achievements at KONI Magetan Regency

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### Abstract

*Community empowerment is an essential initiative focused on promoting and fostering positive transformations in the areas of sports, social sciences, arts, and cultural community activities. In the realm of sports, community empowerment emphasizes enhancing the quality of human resources, physical fitness, and athletic success at provincial, national, and international stages, thereby shaping the community's identity as an important contributor to sports advancement. A primary objective of this community service initiative (PKM) is to create strategies for improving athletic performance by offering certified physical trainer training and guidance to the KONI Magetan Regency members, assisting them in succeeding at provincial, national, and international contests. Attaining success in sports demands a long-term, structured, and sustainable strategy, vital for developing regional and national sports identities. Community engagement is a crucial element in developing national sports strategies and programs. Empowering sports via the branch leaders of KONI Magetan Regency is essential for promoting community-oriented sports as well as competitive success. The techniques employed in this program consist of educating physical trainers and designing training programs. The education for physical trainers centers on crafting training regimens that cater to the unique requirements of various energy systems, the traits of specific sports disciplines, and the structuring of training over periods to improve athletes' biomotor abilities. Furthermore, the program includes the formulation of physical training strategies aimed at assisting athletes in achieving optimal performance according to set objectives. This training seeks to empower sports coaches at KONI Magetan Regency with the expertise to create impactful programs that enhance athletes' skills and contribute to success. The objective is to cultivate proficient coaches and elite athletes capable of representing Magetan Regency, East Java, and Indonesia on greater platforms.*

**Keywords:** Coach competence, Sports achievements, Science and technology.

### INTRODUCTION

Magetan Regency is situated at 7°38'30" South Latitude and 111°20'30" East Longitude, encompassing an area of 688.85 km<sup>2</sup>. Mount Lawu (3,265 meters) is located in the western section of the regency, delineating the boundary with Central Java. In this mountainous area lies Sarangan Lake (1,000 meters above sea level), a key tourist destination, situated along the Magetan-Sarangan-Tawangmangu-Karanganyar tourism route. Magetan Regency consists of 18 sub-districts, 208 villages, and 28 districts. The regency is adjacent to Ngawi Regency to the north, Karanganyar Regency (Central Java) to the west, Ponorogo Regency and Wonogiri Regency (Central Java) to the south, and Madiun City and Madiun Regency to the east. The Indonesian National Sports Committee (KONI) of Magetan Regency, which is associated with KONI East Java, supervises sports accomplishments in Magetan Regency. KONI aids different sports disciplines in Magetan to achieve success at provincial, national, and international stages. Various sports within KONI

Magetan have gained international acclaim, including Tri Setyo Utami from athletics, who has elevated Indonesia's reputation. Athletics, together with the aeromodelling sector, brought in medals at the 2023 East Java Provincial Sports Week (Porprov). The local administration, via the Youth and Sports Office and KONI Magetan Regency, seeks to enhance sports accomplishments at the 2025 East Java Porprov. To achieve this objective, efforts concentrate on improving human resources via sports training initiatives, boosting athlete performance, and aiding coaches through the provision of certified training. Moreover, the choice and hiring of young athletes occur via school and sports association tournaments in Magetan. Enhancing sports facilities and infrastructure is equally important to promote sports involvement from elementary through high school levels.

Enhancing the skills of coaches will lead to the emergence of more young talent, and the impact of youth coaching will be noticeable in a decade (Rohman, 2017). Training for beginner

athletes is generally managed by coaches with relevant expertise across different levels (Gani et al., 2020), and the skill of these coaches is essential for achieving success. Skilled physical trainers are essential in nurturing the abilities and potential of athletes (Nova et al., 2023). Nonetheless, in athlete coaching, physical training and the development of training programs are frequently overlooked (Hermawan et al., 2021). As stated by Hermawan et al. (2020), physical conditioning plays a crucial role in athletic performance, since many sports demand excellent physical condition to attain success through organized and methodical training programs designed by coaches.

Magetan Regency provides various benefits, such as infrastructure that enhances effective sports training, including the Ki Mageti Sports Building for volleyball, lakes for water skiing and rowing, and rivers for rafting. Moreover, the regional culture of pencak silat fosters the growth of athletes who win medals in provincial sporting events, representing East Java and Indonesia on the global stage. Considering these elements, we intend to carry out a community service initiative in Magetan Regency in partnership with KONI and the Magetan Regency Youth and Sports Office, named "Enhancing Coach Skills in Physical Training and Training Programs to Boost Sports Performance Through Science and Technology at KONI Magetan Regency."

## METHOD

The collaborator for this project is KONI Magetan, which has demonstrated significant backing for the execution of this Community Service initiative by supplying facilities and infrastructure, such as training locations and practice equipment. Another important partner is the sports coach, who is very passionate about this activity and keen to improve the success of athletes, sports, and KONI Magetan at the regional level in East Java. This Community Service program adopts the community empowerment approach, entailing multiple phases of execution. The initial phase includes collaborating with KONI Magetan Regency to establish the date and identify the number of

participants. The selected dates are picked to prevent overlapping with KONI's current agenda and the training or match timetables of the coaches. This collaboration resulted in the event being planned for August 1-4, 2024. Subsequently, the team organized the official permit letter for the event from KONI Magetan via LPPM Unesa. At this point, the PKM team will evaluate the difficulties encountered by the partners, especially the sports coaches, by conducting a Focus Group Discussion (FGD). The second phase, taking place from August 19 to September 30 2024, will concentrate on guiding the execution of sports training in every sports discipline. The third phase is scheduled for October 1, 2024, to October 8, 2024, and will consist of physical measurement assessments for athletes in the sports branches of the Magetan district. The fourth phase, planned for November, will see the PKM team assessing the whole process and creating the final PKM report.

## RESULTS AND DISCUSSION

### Phase 1

The initial phase occurred on January 20, 2024, when contact was initiated with the Magetan Dikpora personnel in charge of overseeing the activities of KONI in Magetan Regency. On January 24, the Magetan Dikpora showed interest in organizing training on a national scale to improve the quality of human resources for trainers affiliated with the Magetan Regency KONI. They asked Unesa for a cover letter for the Competitive Sports PKM event designed to enhance the skills of trainers in physical training and the development of training programs under KONI Magetan's guidance in 2024. Afterward, coordination occurred with the Leadership of LP2O Lankor, a national institution for training physical trainers, and an agreement was reached to work together on the PKM implementation in Magetan with an official Lankor authorization. On March 18, a letter was dispatched to Magetan, pending a reply from the Dikpora. Coordination for execution continued according to the timelines of KONI Magetan Regency and LP2O Lankor, with the event scheduled for August 19-22, 2024. At this point, the PKM team evaluated the difficulties encountered by the coaches within KONI

Magetan. This evaluation was carried out via a Focus Group Discussion (FGD). It was discovered that numerous coaches were not sports graduates and did not have physical trainer certification, which hindered their ability to create written physical training programs that could advance their careers in sports.

### Phase 2

The second phase took place from August 19-22, 2024, during which the national level 1 physical trainer training was conducted at KONI Magetan Regency and GOR Ki Mageti on Jl. Yosonegoro No. 1 Magetan, highlighting LP2O Lankor speakers like Prof. Dr. Ria Lumintuarso, M.Si, working alongside the Vocational D4 Sports Coaching lecturers and the head of the Competitive Sports PKM, Dr. Tuter Jatmiko, S.Pd., M.Kes. Prior to the start of the training, participants took a pre-test to evaluate their understanding of physical training methods, physical biomotor training, and training regimens. After the pre-test, participants took part in theoretical and practical training sessions. Throughout the training, participants were motivated to create training models tailored to the unique features of each sport and the physical biomotor material provided, enhancing creativity in the training approach. This arrangement was coordinated with the resources and infrastructure present in each sport to guarantee efficient training no matter the circumstances. Following the training, a post-test was administered to assess the participants' knowledge acquired during the session and to act as a graduation standard.

### Phase 3

The third phase occurs in September when the PKM team assesses the program's implementation and compiles the final PKM report. At this phase, the team evaluates the outcomes of the pre- and post-tests to determine the fundamental skills of the participants, who are sports coaches connected to KONI Magetan Regency and possess varied educational experiences. The aim is to offer extra resources for instructing physical training and to act as a basis for enhancing teaching skills in the area of physical conditioning.

### Phase 4

In the subsequent phase, an assessment will take place to determine additional program improvements intended to boost the sports achievement capacity of Magetan Regency. This initiative aims to promote sports excellence and contribute to positioning Magetan Regency as a major hub for advancing sports achievements in East Java and Indonesia.

The training focused on boosting graduates' skills in physical training and program design to increase their competitiveness, leading to participants earning a National Physical Trainer License Level 1 from PP Lankor. This certification came after an evaluation that featured both a pre-test and a post-test to determine graduation eligibility. Participants underwent theoretical instruction, received multiple e-books on sports coaching—particularly emphasizing physical training—and engaged in practical sessions where they developed physical training models and programs customized for the specific requirements of the sports disciplines they oversee. Consequently, they developed into skilled physical trainers able to enhance athlete performance and results in competitions at the association, regional, national, and international stages.

### Activity Results

The community service initiative, "Enhancing Coach Proficiency in Physical Training and Training Programs to Boost Sports Performance through Science and Technology," took place from August 19-22, 2024, and saw participation from 49 individuals, all sports coaches sponsored by KONI Magetan Regency. Every participant took a pre-test prior to the training, then studied theoretical material, and finished with a post-test. To pass and obtain a certificate, a minimum score of 65 out of 100 was necessary. Ultimately, all participants successfully achieved a Level 1 National Physical Trainer certificate, although some had to finish additional work to receive their completion certificate.

## CONCLUSION

Drawing from the execution of training activities targeted at enhancing coach capabilities in physical training and training schemes to boost sports performance at KONI Magetan Regency, it can be inferred that certified training is crucial for advancing the expertise and standards of coaches. This, consequently, aids in improving athlete performance and attaining better outcomes in regional, provincial, and national events. Training in the development of training programs helps coaches grasp periodization, biomotor periodization, and the formulation of written training plans, which are essential for successfully coaching athletes in their specific sports.

## SUGGESTION

The findings from the assessment and the conclusions regarding the execution of training activities aimed at enhancing coach competence in physical training and training programs, which is a strategy to improve sports achievements grounded in science and technology at KONI Magetan Regency, lead us to the following recommendations:

1. It is essential to conduct comparable certified training in every sports sector involving qualified federations, associations, or partner organizations to provide certificates that are acknowledged in the professional realm associated with the federation, association, or partnership.
2. Cooperation between Surabaya State University and competency testing institutions, including LSP (Competency Certification Institutions), is essential to evaluate the competence of coaches in various fields within the regions, thereby enhancing competitiveness at the national level.

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