

Improving Graduate Competence in Physical Training and Sports Student Training Programs at Surabaya State University

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Abstract

Community empowerment is an essential effort focused on fostering change in different areas, including athletics, social sciences, arts, and local culture. In the realm of sports, community empowerment aims to improve the quality of human resources, athleticism, and performance at provincial, national, and even global levels. It acts as a tool for molding community identity and is vital for the advancement of sports. A goal of this Community Empowerment Program (PKM) is to provide certified training for physical trainers to students in the Vocational Faculty and the Sports Science and Health Sports Study Programs within the Health Faculty. This initiative seeks to promote sports accomplishments at both student and wider levels, encompassing regional, provincial, national, and international tiers. Developing sports success through a systematic, enduring, and sustainable approach is crucial for creating sports excellence as a regional trait and national identity. Community engagement plays a vital role in influencing national sports policies and programs. The enhancement of sports via the Sports Study Program at FV and FIKK is crucial for achieving both community involvement in sports and sports success. The techniques used consist of training physical trainers and the creation of programs. Physical trainer training emphasizes creating physical conditioning that meets the requirements of particular energy systems, sport traits, and periodization to improve athletes' biomotor abilities. Moreover, attendees are taught how to create physical training plans to enhance athlete performance and achieve established goals. This program aims to prepare FV and FIKK sports students to create training plans that improve athlete performance and lead to success. The aim is to develop proficient coaches and top-performing athletes capable of representing East Java and Indonesia in various competitive arenas.

Keywords: Graduate Competencies, Physical, Training Programs

INTRODUCTION

In the current age of globalization and technological upheaval, matching college graduates to workforce needs has emerged as a crucial concern, attracting considerable interest from numerous stakeholders (Pramesti, 2024). This issue arises from the reality that numerous university graduates in the nation remain jobless, highlighting a necessity to enhance their employability (Siswadi Yudi, 2020). At Unesa, students in sports are enrolled in two faculties: the Faculty of Vocational Studies (FV), which provides the D4 Sports Coaching program, and the Faculty of Sports and Health Sciences (FIKK), offering S1 programs in Sports Coaching Education, Sports Education, and Sports Science. Every program possesses distinct traits and skills that students are anticipated to obtain by the time they graduate.

The FV D4 Sports Coaching Program, founded in 2019, recognizes physical training and fitness coaching as its key strengths. Those who complete this program receive the S.Tr.Or. degree, enabling them to work as physical trainers and fitness instructors, along with the

advantage of possessing a level 1 national physical trainer certificate as an additional qualification. Conversely, the S1 Sports Coaching Education program at FIKK focuses on coaching and physical education instruction as its primary strengths. The S1 Sports Education curriculum emphasizes physical education instruction and equips students to become trainers in sports and fitness. The S1 Sports Science program prepares graduates to be employed as sports laboratory assistants and fitness/sports instructors. All of these programs necessitate that students secure a pertinent certification in addition to their diploma, whether it's associated with education, coaching, fitness instruction, officiating, or sports training.

To achieve these certifications, students need to complete specialized training that demands significant financial resources, creating an extra economic strain on them, particularly since they are already responsible for tuition fees. Alumni from Unesa's sports program have attained significant accomplishments in athletics on both regional and national levels, including

figures such as Agam Haris at Al Wahda Club in Saudi Arabia, Masdra Nurrisa representing the West Papua PON Football team, and Ananta Ramadhani of IBL Pasific Caesar, along with numerous others, all of whom gain from their coaching credentials. Coach certification is vital for improving a coach's skills (Gani M, 2020), and a coach's skills are crucial for an athlete's achievement (Rohman, 2017). As stated by Kreitner & Kinicki (2014), competence refers to the amalgamation of skills and abilities, while Harris (2020) considers it to be a blend of talent (aptitude) and capability (capacity).

Surabaya State University, via FV and FIKK, has equipped its students with essential coaching knowledge, covering basic coaching methods to physical training. Nonetheless, to succeed in competitive athletics, graduates need to hold certifications in coaching and associated areas like physical training, nutrition, massage, and psychology. To improve the job prospects of sports graduates, the institution ought to think about providing training programs that allow students to achieve these certifications, regardless of being somewhat restricted in focus. This program aims to enhance the skills of graduates, allowing them to effectively compete in the employment market. To achieve this objective, we intend to implement a Community Service initiative in Magetan Regency, partnering with KONI and the Magetan Regency Youth and Sports Office. The initiative, named "Enhancing Graduate Skills in Physical Training and Training Initiatives as a Strategy to Excel in Sports Science and Technology and Boost the Competitiveness of Surabaya State University Sports Students," seeks to improve the qualifications and employability of sports students.

METHOD

Method Implementation Activity

This Community Service activity is carried out using a community empowerment method through several stages of implementation, namely:

Activity Stages

a. Stage First

The first stage was carried out on 19-20 February 2024 by communicating with the Study Program Coordinator and the Head of PP Lankor as a physical trainer training institution. Stage This PKM Team conducted an assessment on the Problems faced by sports students of D4 Sports Coaching and S1 Sports Coaching Education, S1 Sports Education and S1 Sports Science . The implementation of this stage of activities was carried out through FGD.

b. Stage second

The second phase will be implemented from 26-29 April 2024 until the national physical trainer training level 1 is conducted.

c. Stage Third

Third stage is carried out in November, this stage is the stage where the entire PKM TEAM evaluates the implementation of PKM and makes a final PKM report.

Participation Partners

The partner in this case is the AtP-Pc Physical Trainer Community (Athlete Peak Performance) and PP Lankor . Partners strongly support the implementation of this Community Service by helping to organize and prepare sports students who are interested in becoming physical trainers to have a national physical trainer license level 1 with the requirement of GPA qualifications and mastering sports branches . The training is carried out with the support of facilities And infrastructure to carry out training and practical work during the training.

Team Executor Activity

The team from this community service activity has their respective duties and authorities according to their expertise.

Evaluation And Sustainability Program

a. Evaluation Planning

The results of this evaluation are needed to design a program of activities. The main goal is to prepare a program of materials that will be carried out in the activity. PKM.

b. Evaluation Monitoring

This evaluation is to check whether the absorption process of the material given in each meeting. The results of this activity also help to determine the intensity of the presenters and participants in the absorption process. A material. So that impact problem Which appear on every process absorption can be sought for solutions so that immediate action can be taken to overcome this problem.

c. Evaluation Impact

Evaluation this for know impact which arise in a absorption material. Impact This measurable based on criteria success in implementation process absorption material compile training programs and physical training models for participants. Each participant can see the level of success in the process of absorption through this activity.

d. Evaluation Comprehensive

Evaluation This used For see level success in a way comprehensive. Start from planning, monitoring, impact of success and efficiency of the implementation of material absorption activities. So that in general overall Can evaluated through level success in implementation activity process absorption material.

e. Sustainability Program

This initiative is structured as a long-term project, given that the D4 Sports Coaching, S1 Sports Coaching Education, S1 Sports Education, and S1 Sports Science programs serve as significant internal collaborators at Surabaya State University. These initiatives are vital for the advancement of human resources focused on improving quality and international competitiveness. The initiatives aim to enhance human resources in multiple areas, such as Physical Education, Sports, Health, Coaching, Sports Science, Massage, Physiotherapy, Sports Nutrition, Sports Management, and the Sports Sector. The results of the

forthcoming Community Service program will act as a basis for crafting future projects designed to improve the opportunities for sports graduates from Surabaya State University. These initiatives will enhance athletic accomplishments at regional, district, city, provincial (East Java), national, and international stages. Consequently, Surabaya State University aspires to establish itself as a foremost hub for sports science in Indonesia, in accordance with the Sports Science and Technology Excellence Program (PUI) to enhance sports success in East Java and throughout the Republic of Indonesia..

RESULTS AND DISCUSSION

Implementation of Activities

The Community Service initiative focused on boosting graduate skills in physical training and sports science programs to elevate the competitiveness of sports students at Surabaya State University took place from April 26-29, 2024, at the Doping Laboratory of Surabaya State University. The event saw the participation of 54 individuals, comprising D4 Sports Coaching students, S1 Sports Coaching Education students, S1 Sports Science students, S1 Physical Education students, and alumni from FIKK.

Activity Results

The results of the training designed to boost graduate proficiency in physical training and programs for increasing competitiveness involve obtaining a National Physical Trainer License Level 1 from PP Lankor, following an evaluation that includes both a pre-test and post-test as part of the graduation assessment. Participants gain theoretical education, access to multiple e-books concerning sports coaching, especially in physical training, and practical experience in training. They acquire skills in creating physical training models, formulating training programs, and customizing physical training to meet the particular requirements of the sport in focus. This training equips them to be certified physical trainers who can enhance athlete performance and success in competitions

at multiple tiers, ranging from local and regional championships to national and international events.



Figure 1. Class Material

Figure 1 above is about the delivery of material in class by the speaker to all participants. The speaker provides material about physical conditions and exercise programs.



Figure 2. Endurance Practice Material

Figure 2 above is about the practice in the field about physical conditions and training programs that show the interaction of the speaker with the participants. Participants try to practice according to the speaker's instructions.



Figure 3. Endurance Practice Material

Figure 3 The speaker explains and gives examples related to endurance practices. Participants must observe and practice.



Figure 4. Coordination and Flexibility Practice Material

Figure 4 The speaker explains and gives examples related to coordination and flexibility practices. Participants must observe and practice.



Figure 5. Strength Training Materials

Figure 5 The speaker explains and gives examples of strength training. Participants must observe and practice.



Figure 6 . Strength Training Practice

Figure 6 The speaker explains and gives examples of strength training. Participants must observe and practice.



Figure 7. Strength Training Materials

Figure 7 The speaker explains and gives examples of strength training. Participants must observe and practice.



Figure 8. Power Training Material

Figure 8 The speaker explains and gives examples of power exercises. Participants must observe and practice after being given a simulation by the speaker.



Figure 9. Speed Training Material

Figure 8 The speaker explains and gives examples of speed training. Participants must

observe and practice after being given a simulation by the speaker.

CONCLUSION

From the execution of training activities designed to enhance graduate skills in physical training and programs for mastering sports science and technology, thus boosting the competitiveness of sports students at Surabaya State University, the following conclusions can be made:

1. Certified training is crucial for improving the skills and competitiveness of sports students at Surabaya State University in the employment market.
2. Training as a physical trainer is especially appealing to sports students aiming to build a career in physical training.

SUGGESTION

Drawing from the assessment findings and conclusions regarding the training initiatives focused on enhancing graduate proficiency in physical training and exercise programs, alongside mastering sports science and technology to boost the competitiveness of sports students at Surabaya State University, the subsequent recommendations are provided:

1. Comparable accredited training in sports should take place, engaging qualified federations, associations, or collaborating organizations that provide acknowledged certificates for employment opportunities.
2. Partnerships between Surabaya State University and competency testing organizations, along with LSP (Competency Certification Institutions), are essential to evaluate graduates' skills in their fields, improving their marketability.

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