

# Implementation of I-S-L-A-M Learning Model in Improving Free Style Swimming Skill

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**Abstract**— Creating a pleasant lecture atmosphere is not an easy matter, lecturers are required to have many ways or strategies and various skills in learning, one of which relates to the learning model applied in the lecture process. To apply the learning model in lectures, lecturers must have adequate knowledge of the concepts and applications of learning models that are appropriate to the needs of students because the characteristics, knowledge, motor skills and desires, and student learning motivation are very diverse. The accuracy of lecturers in determining the learning model in lectures will be increasingly important considering the learning process in the classroom and in the field is very dynamic (always changing) along with the development of the all-digital era. The I-S-L-A-M learning model (Instruction - Save - Learn - Analysis - Measurement) in swimming learning is expected to have a positive influence in improving student freestyle swimming skill.

**Keywords**—*Learning Model, Swimming, Freestyle Swimming*

## I. INTRODUCTION

The role of the instructor as a facilitator is to produce a good and competent college graduates. Therefore, the lecturer must be able to provide quality and meaningful teaching. Quality teaching is not separated from the learning model applied in each lecture material given both during lectures on theory and practice skills in a sport. Applying a learning model will provide a lecture atmosphere that is meaningful to students in improving their cognitive, affective and psychomotor abilities, although we must realize that forming meaningful learning is not an easy matter considering students are unique individuals, different from one another. Swimming is an activity carried out in water and is an individual sport, and in learning given the same material, certainly results in its own difficulties in delivering material mainly due to differences in cognitive, affective and psychomotor aspects among these students. States that "it's trial by error, right. If you teach and teach, what works on someone won't work on the other one because they have a different way to process information, especially when you're in the water" [6].

To ensure students to have the same perception of teaching given, there must be a learning model as a shared guideline that can be followed and understood so that information obtained by students is the same. So in this condition a learning model will be needed so that it can accommodate the achievement of learning objectives according to the material provided.

## II. THEORETICAL FRAMEWORK

### A. Learning Model

Models are often used in various activities in order to help clarify procedures, relationships and the overall state of what is done. A model is a pattern of steps which includes analysis, development, material making and evaluation in order to provide convenience in achieving the objectives. States that a model is a conceptual framework that is used as a guide in carrying out an activity [10]. A model can also be understood as an illustration of the real situation [10].

A learning model is a pattern or plan used by the lecturer as a reference in designing theoretical learning in the classroom and practice in the field. States "a learning model can also be understood as the teacher's blueprint in preparing and implementing the learning process" [10]. Furthermore, states that "a learning model is a plan that is used to design [11]. The content in the learning model is in the form of learning strategies that are used to achieve instructional goals" [11]. Therefore, in the learning process it is better for educators to use a prototype of a theory or model. It is called a model because it is only an outline or points that require a very situational development. Some learning models that have been popularly applied are:

- Inquiry learning. States that inquiry means questioning, or examination, investigation. Inquiry as a general process carried out by humans to find or understand information [2].

- Direct instruction. Direct teaching can take the form of lectures, demonstrations, training or practice, and group work. Direct teaching is used to deliver lessons that are transformed directly by the teacher / lecturer to students [2].
- Contextual teaching and learning. States that contextual learning aims to improve student learning achievement through increasing understanding of the concepts of the meaning of the subject matter learned by linking the material learned with the context of their lives, family, as citizens, and as future employees [10].

Various types of learning models that have existed and applied in the learning process have achieved good results, but none of the models are superior to other learning models unless caused by the situation and conditions of educators, students and their learning environment, which is better the combination of several models based on the situation.

### B. ISLAM Learning Model

Based on existing theories regarding the learning model, a learning model is presented as a result of collaboration and the development of learning models with the main goal being students. This model is part of input from several swimming lecturers and swimming trainers. The components of this learning model consist of:

I = *Instrution*

The lecturer gives all instructions to students both orally and in writing in order to equalize the perceptions of all students during learning / lectures

S = *Saving*

Students try to keep all the instructions in their memories so that they can be implemented properly.

L = *Learning*

Students learn in theory and practice freestyle swimming movement techniques in accordance with the instructions both from the results of reading the module and direct instructions from the lecturer

A = *Analysing*

The lecturer identifies mistakes made by students during the learning process and analyzes the weaknesses of the learning model applied

M = *Measurement*

The lecturer measures and evaluates students with the aim of knowing how far students have mastered freestyle swimming skill during the lecture process.

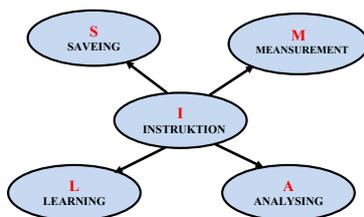


Figure 1. I-S-L-A-M Learning Model Scheme

This I-S-L-A-M learning model is applied in freestyle swimming course to determine the extent of the success of applying this learning model. This learning model is applied in each learning material consistently starting from the beginning of the material to the end of the learning material. The intended freestyle swimming learning material includes: a). Basic swimming movement learning, b). Learning limb movement techniques, c). learning arm movement techniques, d). Respiratory and e-learning techniques, e) Learning freestyle swimming combination techniques.

### III. FREESTYLE SWIMMING

Travel time in a certain distance is essential in swimming, so for that reason good mastery of free style swimming skills is needed. To master good swimming skills can be obtained through the efforts of learning and training and study of the techniques and factors that support the sport in question. Technically speaking, freestyle can be used using any stroke, but the stroke is the fastest stroke and therefore has become synonymous with freestyle [4]. Freestyle is a natural, cyclical cross movement. It has the least steep body position, so it has minimum resistance, consequently it is the fastest style [5].

Freestyle swimming is one of the forces that causes the body to slide horizontally forward as a result of coordinating foot movements and alternating hands both rapidly with the face downward except when taking breath and streamlined body position to reduce obstacles so it will go faster.

Freestyle swimming skills that must be learned are:

- Body position. The position of the swimmer's body, lying parallel to the waterline (streamlined) with a relaxed and balanced. Its streamline purpose is to set up a good swimming position and minimize the drag force that slows you down and makes it harder to perform each movement [4]. You will learn more about streamlining in later steps. For now, here are some drills to help you begin to master it. The position of the body that is parallel to the surface of the water is very efficient in building the effectiveness and velocity of the rate in swimming.
- Freestyle legwork. The main role of foot movement is as a stabilizer (regulator of body balance) and as a driving force to keep the body in a streamlined state, so that the prisoner becomes small. An efficient action will help maintain a horizontal body position, balance the action of the arms and give varying degrees of propulsion [7]. The function of foot movement is more dominant as a body balancer than as a body propulsion to slide forward, has been proposed by McCullough, Kraemer, Volek, Solomon-Hill, Hatfield, Vingren, Ho, Fragala, Thomas, Hakkinen, and Maresh (2009, p.195) , who said; These studies have shown that the contribution of the kick adds approximately 10% to the total strike speed [9].
- Breathing. Inhaling/taking breath is carried out as effectively as possible so that the obstacles that occur in forward motion are smaller. A swimmer's head position in this style is important and none more so than when the

swimmer is breathing [3]. It should turn to a 90 degree angle so that one eye is out of the water. Aim to keep the head parallel to the water surface with one eye remaining under the water. It is not necessary to turn the head any more than this. Also be aware of not to "lift" the head when breathing this will increase the resistance against the body and slow the swimmer down. Taking breaths when freestyle swimming is done in a way like the right and or towards the left just as is customary/which is considered appropriate.

- Hand rotation. The arm swings are performed alternately or simultaneously when swimming with a frequency that can be adjusted and adjusted for the kick stroke. The front crawl stroke is a cyclical pattern of arm rotation while the legs perform a flutter kicking action [9]. The arm stroke provides a majority of the propulsion, but the legs have been observed to contribute to the speed of movement as well. Movement of the stroke of the arm can be clearly analyzed cycle / rotation which consists of several phases, namely: the hand goes into water (entry), catches (catch), pulls (full), pushes (push), exits (releases) from the water and during recovery (recovery) when the arm is above the water surface, then returns to the first phase and so on. To obtain the speed of the body / forward glide as well as control the balance of the body, the movement of the stroke of the arm is prioritized in the movement of pulling (full) and push (push) water with a fast frequency.
- Timing. Coordination movement is the right time to coordinate well from all phases of freestyle swimming, gliding, stroke / stroke movements, leg punch movements and breathing movements. Coordination is the result of a combination of performance from the quality of muscles, bones and joints in producing an effective and efficient motion [1]. Where the components of motion consist of energy, muscle contractions, nerves, bones, and joints [1]. After this coordination gets better, then it will produce a certain skill movement. Motion skills are movements that follow a certain pattern or form that requires coordination or control of part or all of the body that can be done through the learning process [14]. Someone who is able to move skills well is said to be skilled. The purpose of coordinating is to assemble several types of movements into a unified whole movement without interruption in a certain time and space, such as the movement of freestyle swimming skills.

#### IV. RESEARCH METHOD

The research method used in this study was an experiment. The research design was in the form pretest-posttest design using one group, the experimental group. The experimental design is as follows:

TABLE I. RESEARCH DESIGN

Group	Pretest	Treatment	Posttest
Experiment	Y	X	Y <sub>1</sub>

This method is validation that is testing the effect of one or more variables on other variables. Variables that give influence are grouped as independent variables and variables that are influenced are grouped as dependent variables [13].

#### A. Population and Sample

The population in this study were all odd semester Sports Training Education students (1) 2017/2018 academic year, which consisted of four (4) classes at the Faculty of Sport Sciences of the State University of Medan. The sampling technique was randomly assigned to the four classes, until one class was obtained as an experimental group consisting of 40 students.

#### B. Technique of Data Analysis

To find out the effect of applying the ISLAMIC learning model to increasing student freestyle swimming skills, it was carried out through t-test statistical analysis (Sudjana, 2005) with steps: 1) Determine the different mean pretest and posttest of subject data, 2) Determine the standard deviation of the subject data. To find out the increase in freestyle swimming skills after the application of the learning model, it was pursued through the gain-normalized analysis procedure [8].

### V. FINDINGS AND DISCUSSION

ISLAM learning model is the steps of implementation in the practice of freestyle swimming learning. In applying this learning model the lecturer gives instructions to students, all instructions are stored in memory/memory based on memory learning to practice the basics of freestyle swimming skills, then students and lecturers analyze the movements that have been studied and practiced to be improved and then take measurements and assess results learning.

This study has resulted in a meaningful test where there is an influence of the ISLAM learning model on increasing student freestyle swimming skills. The existence of this influence is proven through the t test statistical procedure with steps; determine the average difference, determine the standard deviation is different and determine the results of the t test.

Based on the results of the t test, it was obtained that  $t_{count} = 21.54$  while  $t_{table} = 1.70$  with the criterion accept  $H_0$  if  $t_1 - t_{1-1/2\alpha} < t < t_{1-1/2\alpha}$  where  $t_{1-1/2\alpha}$  was obtained from the list of t distribution with opportunities  $(1-1/2\alpha)$  and  $dk = (n-1)$ , in other cases  $H_0$  is rejected. From the distribution list of t with opportunities 0.95 and  $dk = 39$  the price of  $t_{table} = 1.70$ . This shows that the results of  $t_{count} = 21.54$  are outside the reception area of  $H_0$ . This condition proves that the freestyle swimming learning model has a positive influence on improving student swimming skills.

The amount of improvement in student swimming skills was observed with the provisions of normalized Gain, so that the categories of increasing student swimming abilities in the low category can be determined by 7 people or 17.5%, while

the moderate category is 33 people or 82.5%, and the high category 0%.

## VI. CONCLUSION

ISLAM learning model can improve student freestyle swimming skills

### Implication

- Make it easier for lecturers to deliver recovery material in stages
- Assessment of student learning outcomes can be more objective.
- Make it easier for students to take part in learning because they have lecture guidelines
- Become a reference for students and anyone, other researchers for the development of free style swimming learning models in a wider and more specific scope, space, time, and opportunity.

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