



# A Study of Evaluation Model of Coaching and Mapping Program of Sports Clubs of Indonesian Athletics Union (Pasi) Karangasem Bali

I. Putu Darmayasa<sup>(✉)</sup>, Suratmin, Wigutomo Gozali, and I. Ketut Sudiana

Department of Sport Science and Health, Faculty of Sports and Health,  
Ganesha University of Education, Singaraja, Indonesia

{putu.darmayasa,wigutomo.gozali,ketut.sudiana}@undiksha.ac.id

**Abstract.** One of the sports that could contribute to gaining many medals is athletics, because of its competitions. The basic problem faced by the KONI (Indonesian National Sports Committee) Karangasem was the decline of medals gained in the Provincial Sports Week (PORPROV) Bali 2019. PASI (Indonesian Athletics Union) Karangasem as the mainstay in gaining medals in this multi-sport event could only win 2 silvers and 4 bronzes out of the 34 medals. PASI Karangasem should conduct a study and review in the development and the use of athletic sports clubs both in level students and public, as well as coaching and implementing sports science. The purpose of this study was a study of the evaluation model of coaching and mapping program of sports clubs of PASI Karangasem Bali by context, input, process, product (CIPP) model. The evaluation study used a combination approach (quantitative and qualitative). The data was collected through participative observation, interview, questionnaire for athletes/coach, archive, and documentation. The data were analyzed through data triangulation. Data triangulation was related to data or information gained in the study. The triangulation was used to assure the data or information be complete with high validity and reliability. Based on the findings it could be concluded that: (1) PASI Karangasem should improve the pattern/system of the sports coaching (2) establish athletic sports club both for students and public, so there will be sustainable sport coaching places, and (3) recommendation of evaluation model of coaching and mapping program of sports clubs of PASI Karangasem Bali.

**Keywords:** evaluation · coaching · mapping program · athletic

## 1 Introduction

Achieving via athletics The primary sports body, the Indonesian Athletics Union, uses athletics as a measured activity to gauge the effectiveness of sports coaching (PASI). One way to measure sports achievement in athletics is the number of medals at the local, national, and international levels. PORPROV is one of the evaluations for sports coaching that charts the growth of the sport, particularly in the local region, as a measured sport

while also evaluating the results of coaching. Achievement in athletics can be gained by anyone who has talent, capability, and potential. Achievement sports are conducted through planned, graded, and sustainable coaching and developing the athletes through competition to gain the achievement by the support of sports science and technology (Law No. 3 Concerning National Sport System, 2005). PORPROV Bali is participated by 9 (nine) Regencies/City namely Buleleng, Jembrana, Tabanan, Badung, Gianyar, Bangli, Karangasem, Klungkung, and Denpasar. The sports coaching and PORPROV management are held by KONI (Indonesian National Sports Committee). Athletics is less-interesting, boring, tiring of practicing, few fans, and monotonous, so it requires strong inner motivation from the athlete with a certain approach to the athlete. The performance and development of the athlete are impacted both directly and indirectly by the coach's numerous duties and responsibilities. To guide an athlete toward the desired outcome, a coach must be aware of the leadership component. A coach should have the ability to assess oneself in addition to preparing the athlete for competition. Referring to the recent development of sports, only a coach who masters the sports science could get the athlete to achieve the achievement. Sports science could not stand alone, it is related to other disciplines. It cannot be denied that coaching basic knowledge that is supported with sports technology will strengthen the role and responsibility of the coach.

Training factors that should be prepared in every training program in all sports are physical preparation, technical preparation, tactical preparation, and mental. Athlete achievement is an accumulation of physical, technical, tactical quality, and psychological maturity. To achieve high achievement there should be a precise target plan including preparation of physic, technique, tactics, and mental (Lubis & Evalina, 2007).

Physical and technical preparation is a basis for achieving the achievement. A high achievement consists of physical, technical, and tactical conditions, requirements of talent, and personality (Grosser, 2012). The training program which is implemented in the coaching system does not only focus on physical and technical training but also mental training should have the same position.

The evaluation and analysis of the world champions' performances reveals that the athletes who excel in their sports must possess the following qualities: excellent physical fitness, mastery of excellent technique, necessary psychological and mental attributes for the sport, suitability for the sport, and annual training and competition experience (Husdarta, 2010).

Training is not a new thing. Training has been known since the Ancient Egypt and Greek era, in which the people trained systematically to achieve a military goal or Olympic. Sports training principally includes three elements namely (1) systematic process to improve athlete performance quality in form of fitness, skill, and energy capacity, (2) pay attention to the educational aspect, and (3) use a scientific approach.

Training is a systematic process of practicing or working which is conducted repeatedly, with an additional load of training or working day by day. The training program is a series of activities in practicing which is managed in such a way that can be done by the student/athlete both concerning the load and intensity of the training (Tangkudung, 2006). Training is a long, systematic, and progressive activity based on the individual capability, to shape physiological and psychological functions which meet the requirements for the task of sporting activities. The main purpose of training is to help the athlete

to improve skill and sports achievement maximally (Harsono, 1998). The embodiment and existence of the athlete are basically to improve sports achievement efficiently and effectively through the sports coaching process which is managed formally and centered on sports coaching. Sports achievement is the combination of the effort of the athlete and coach's hard work, so they are responsible for the training program implementation to achieve the highest achievement (Irianto, 2009). Sports achievement is highly dependent on how the implementation of the sports coaching system in the country. The sports coaching system should be focused on two parts namely (1) involving physical education and national sports organization into the school program, recreation, and sports club as well as national sports organization structure, and (2) the implemented sports caching system.

The athletic sports coaching by PASI Karangasem refers to the pattern of local and national sports coaching, including the involvement of sports institutions. The sports coaching system which was implemented gradually and sustainably by PASI Karangasem must be supported by professional sports stakeholders and the use of sports sciences and technologies.

Sports training is always related to the effort to (1) improve the achievement, (2) maintain the achievement, and (3) setbacks of the achievement (the training is decreasing after years of a tight load of training). Achieving an achievement is a realization of the entire individual personality. It is a result of many abilities which determine achievement and it is built in the years of the training process (Grosser, 2012).

## 2 Research Methods

This study aimed to make decisions by choosing the best decision (Sugiyono, 2019). A research method known as triangulation employs multiple combinations of tactics to gather data or information. Triangulation is a technique that is widely used in both quantitative and qualitative research. The triangulation approach does not only compare data from many sources but also uses various techniques and methods to study and collect data or information from the same phenomenon (Moleong, 2013). The Context, Input, Process, and Product (CIPP) paradigm was employed in this investigation. The CIPP model was used in conjunction with a qualitative and quantitative research approach. The scope of the evaluation is context, input, process, and product of PASI Karangasem. By utilizing the survey method, this research was evaluative and descriptive. The CIPP evaluation methodology served as the research's model. With regard to the sports accomplishments, athletes, coaches, coaching systems, and development of the athletic club based on sports clubs mapping, PASI Karangasem's program of coaching and mapping athletic clubs was evaluated using the CIPP model (Table 1).

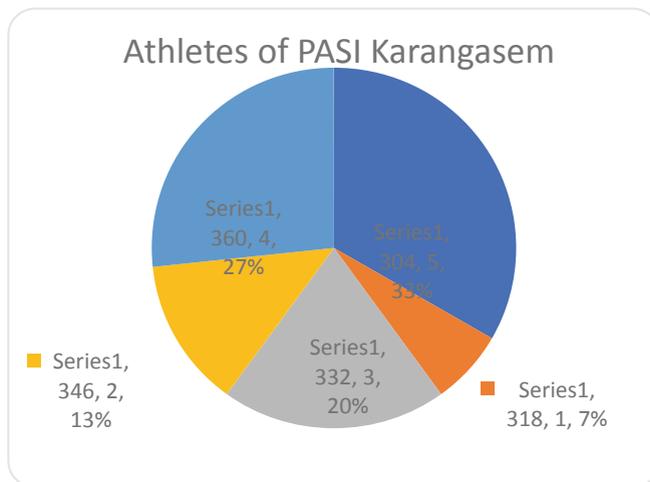
Based on the sample ( $N = 15$ ), it shows that perception of PASI Karangasem athlete upon the program of sports coaching was 14 people (93.33%) responded highly appropriate, 1 person (6.67%) responded appropriate, and no one responded moderate, inappropriate, or highly inappropriate, which is further can be seen in Fig. 1 (Table 2).

Based on the sample ( $N = 4$ ), it shows that perception of PASI Karangasem coaches upon the program of sports coaching and athletic sports clubs mapping was 3 people (75%) responded highly appropriate, 1 person (25%) responded appropriate, and no one

**Table 1.** The Analysis of Questionnaires of PASI Karangasem Athletes

<i>Criteria</i>	<i>Number</i>	<i>Percentage (%)</i>
$300 \leq A$	14	93,33
$250 \leq B < 300$	1	6,67
$200 \leq C < 250$	0	-
$150 \leq D < 200$	0	-
$E < 150$	0	-
TOTAL	15	100

<i>Interval</i>	<i>Median</i>	<i>Absolut Frequency</i>	<i>Percentage (%)</i>
297 - 310	304	5	33,3
311 - 324	318	1	6,7
325 - 338	332	3	20,0
339 - 352	346	2	13,3
353 - 366	360	4	26,7
	Total	15	100

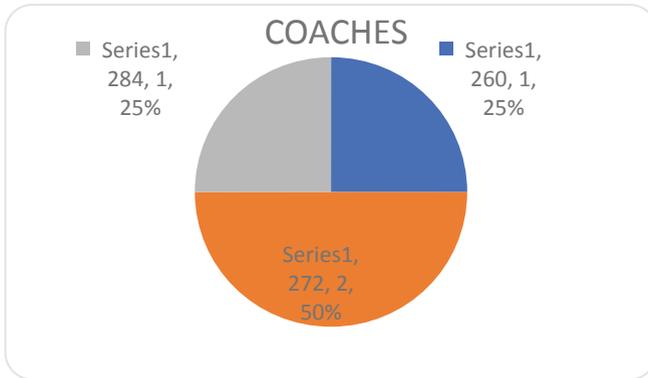
**Fig. 1.** Diagram of Perception of PASI Karangasem Athlete

responded moderate, inappropriate or highly inappropriate, which is further can be seen in Fig. 2.

**Table 2.** The Analysis of Questionnaires of PASI Karangasem Coaches

<i>Criteria</i>	<i>Number</i>	<i>Percentage (%)</i>
256 ≤ A	3	75,00
213 ≤ B < 256	1	25,00
171 ≤ C < 213	0	-
128 ≤ D < 171	0	-
E < 128	0	-
TOTAL	4	100

<i>Interval</i>	<i>Median</i>	<i>Absolut Frequency</i>	<i>Percentage (%)</i>
297 - 310	260	1	25,0
311 - 324	272	2	50,0
325 - 338	284	1	25,0
	Total	4	100



**Fig. 2.** Diagram of Perception of PASI Karangasem Coaches

### 3 Result and Discussion

The goals of Karangasem Regency’s athletic coaching programs are to (1) develop and improve sports accomplishments, (2) achieve optimal results at the local and national levels in athletics fields as measured sports and have many medals to compete with, and (3) develop athletes with a high level of sportiness and moral character. The system of athletic sports coaching of PASI Karangasem should be improved in the concept of sports coaching based on sports science technology studies. The coaching of athletic sports of

PASI Karangasem should consider some aspects such as vision, mission, goals, facilities establishment, training facilities and equipment, and sports achievement improvement.

Three key factors should be used to gauge an athlete's performance: (1) scientific validity, (2) practicality, and (3) sports-specific qualities. Test, measurement, and evaluation are three terms with different meanings, yet they have a close relationship. A test is a specific tool for measurement. A measurement is a process of knowing as it is, so quantitative data are acquired. Evaluation is a process of deciding by comparing measurement scores with a predetermined standard.

Athletic coaching is preceded by the screening process of the athlete candidates. A screening system can be said as "hunting for high-achieving athletes". Standard of athletic skills owned by the athlete is the basic requirement for accepting students' athletes. Besides that, the other important part is the process of physical capability measurement of the athletes. Physical capability measurement is conducted to avoid screening errors, so the candidate could achieve high achievement in the sports.

Amateur and professional coaches are needed to coach and train the sports. Because of their pastimes, many amateur instructors went on to become professionals. These coaches, however, do not come from an athletic background or hold a Bachelor of Sports degree. Both amateur and professional coaches should learn about basic knowledge of coaching, besides having specific competence to train certain sports based on certain sports characteristics.

A professional coach is formed based on authority, educational qualification, and competency so a head coach in running his duties is supported by an assistant physical coach, assistant technical coach, assistant strategy or physical coach, and assistant mental coach. Sports achievement is the combination of the effort of the athlete and coach's hard work, so they are responsible for the training program implementation to achieve the highest achievement. The role of a coach is crucial to produce a champion. Tahir Djide said that "A Champion should be Produced". A sports technocrat inspires that to produce a champion, it takes hard work from the athlete and coach (Warni & Rajiani, 2019).

The sort of training employed has a variety of consequences on an athlete's physiological makeup. For instance, endurance training may considerably increase the capacity for central and peripheral adaptation, including patterns for choosing the kind of nervous system, bioenergetic modification, metabolic parameters, and muscle type for locomotion. Otherwise, loading training produces various contraction systems, muscle nervous system, and bioenergetics, or the way of metabolism. The infrastructure is somewhat positive because it provides adequate availability; but the feasibility of the training field still requires improvement; and the availability of organizational management is favorable (Kadju, Hartono, & Irawan, 2021). The result of contemporary studies suggested that locomotion muscles exhibit broad flexibility in response to various loads or endurance training produces activation or deactivation of many molecular systems marking that depends on the type of training meeting. The feasibility of facilities and infrastructure are already good in its implementation so that the activities of coaching program can be carried out optimally (Firmansyah, Rahayu, & Nasuka, 2020). Special adaptation is not limited to physiologic response, various causes of technique, tactics, and psychological habits also develop as the result of specialization training. For this reason, the application

of management must be carried out continuously and be supported by the government in order to raise the nation's dignity and achievements through sports achievements (Ringo, 2020).

Athletic coaching of PASI Karangasem should consider the pattern/system such as vision, mission, goals, and targets from the sports clubs and PASI Karangasem which is conducted by institutions that are competent for local and national sports achievements, (2) recruitment system of sports talented athletes, (3) preparing and recruiting reliable coach, (4) improving sports achievements, (5) producing local and national athletes, (6) evaluating coaching program, and (7) improving the concept of athletic coaching of PASI Karangasem. Goals will guide the formulation of objectives, and activities in order to realize the mission, so that goals must harmonize and clarify the mission and vision, describe the program's outcomes and illustrate the clear direction of an organization (Kardiyanto, Setijono, & Mintarto, 2017).

## 4 Conclusions

The following are the study's findings:

1. PASI Karangasem should enhance the pattern or system of sports coaching, which entails: (a) establishing a real vision, mission, goals, and target; (b) improving athlete selection; (c) preparing sufficient coaching funds; (d) ensuring that the coaching process is based on sports sciences and technologies; increasing the number of trials in/trials out/tournaments; and (e) conducting an analysis of sports achievement results.
2. Create an athletic sports club for both the general public and students so that there will be places for long-term sports coaching.
3. The model for evaluating coaching and the mapping program of PASI Karangasem Bali's sports clubs are recommended so that athletic coaching can be carried out by sports clubs.

On the basis of the foregoing conclusion, the following suggestions can be made:

1. Based on the findings of the PASI Karangasem club mapping study and sports coaching evaluation study, management of PASI Karangasem should improve the pattern/system of athletic coaching.
2. The PASI Karangasem coach should enhance coaching proficiency, optimize the sports training process using sports sciences and technology, establish a training program, evaluate the athletes, and produce high-achieving athletes.

## References

- Firmansyah, A., Rahayu, S., & Nasuka, N. (2020). Evaluation of Women's Volleyball Coaching Program on Student Sports Training Education Center in Musi Banyuasin Indonesia. *Journal of Physical Education and Sports*, 9(3), 289–296.

- Grosser, T. (2012). *Latihan Fisik Olahraga (Conditionstraining)* (P. L. P, ed.). Jakarta: Prima Pratama.
- Harsono. (1998). *Coaching dan Aspek-aspek Psikologi dalam Coaching*. Jakarta: P2LPTK Ditjen Dikti Depdikbud.
- Husdarta, J. S. (2010). *Sejarah dan Filsafat Olahraga*. Bandung: Alfabeta.
- Irianto, D. P. (2009). *Materi Pelatihan Kondisi Fisik Dasar*. Jakarta: Deputi Bidang Peningkatan Prestasi dan Iptek Olahraga Kemenpora.
- Kadju, E. A. M., Hartono, M., & Irawan, F. A. (2021). The Evaluation Program of Coaching Football Achievement of East Nusa Tenggara Province Training Centre at the XX PON. *Journal of Physical Education and Sports*, 10(3), 319–327. Retrieved from <https://journal.unnes.ac.id/sju/index.php/jpes>
- Kardiyanto, D. W., Setijono, H., & Mintarto, E. (2017). The Evaluation of Indonesia Paralympic Coaching. *European Journal of Special Education Research*, 2(4), 103. <https://doi.org/10.5281/zenodo.891047>
- Lubis, J., & Evalina, H. (2007). *Latihan dalam Olahraga Profesional*. Jakarta: Badan Pengembangan dan Pengawasan Olahraga Profesional Indonesia.
- Moleong, L. J. (2013). *Metodologi Penelitian Kualitatif*. Bandung: PT. Remaja Rosdakarya Offset.
- Ringo, R. S. (2020). Evaluation of Management of the All-Indonesian Athletics Federation of North Tapanuli Branch Management. 23(UniCoSS 2019), 154–157. <https://doi.org/10.2991/ahsr.k.200305.044>
- Sugiyono. (2019). *Metode Penelitian Pendidikan (Kuantitatif, Kualitatif, Kombinasi, R&D dan Penelitian Pendidikan)* (3rd ed.). Bandung: Alfabeta.
- Tangkudung, J. (2006). *Kepelatihan Olahraga Pembinaan Prestasi Olahraga*. Jakarta: Cerdas Jaya.
- Warni, H., & Rajiani, I. (2019). What Makes An Excellent Athlete In The Amidst Of The Internet Of Thing Era? *Proceedings of ADVED 2019- 5th International Conference on Advances in Education and Social Sciences*, (October), 876–881.

**Open Access** This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

