Physical Potential of Students' Portfolio for the Class of 2020

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Abstract. The purpose of the study was to determine the physical potential of the 2020 portfolio students of the Physical Education and Health study program, Faculty of Sport and Health, Universitas Negeri Gorontalo, through the ability of maximum oxygen volume (VO_2 max). This research includes experimental research to find out the actual situation in the field regarding the physical potential of the 2020 Portfolio students of the Physical Education and Health study program, Faculty of Sport and Health, Universitas Negeri Gorontalo. The instrument used in this study is the bleep test to measure the ability of the maximum oxygen volume (VO_2 max). The data were analysed using the percentage formula. The results revealed that the average VO_2 max in the portfolio of students in the class of 2020 is grouped into two categories, namely 1) very poor and 2) uncategorized. Based on the findings, it is concluded that the average physical potential of students of the Physical Education and Health study program, Faculty of Sport and Health, Universitas Negeri Gorontalo, who enrolled through the portfolio system, was in the very poor category.

Keywords: Physical potential · Students portfolio

1 Introduction

Technological development greatly influences sports growth which needs to be appreciated due to its capability of enabling humans to ensure something without waiting a long time. A real-world example is a presence of a Video Assistant Referee (VAR) in football, whose job is to evaluate the judgments of the head referee using instant video recordings and headsets as communication means. In football, the presence of VAR can at least erase doubts about the referee on duty. The expectations conveyed by VAR are inconsistent with the actual situation on the field. Numerous instances are reviewed by VAR, yet the referee often disregards them. This circumstance demonstrates that the complexity of VAR has not been capable of maintaining a sense of fairness in the sports world. It turns out that the phrase "who is behind the gun" is still closely associated with human life. Nonetheless, the technologies are highly advanced and instructive, the human element still dominates all field judgments.

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This phenomenon has apparently permeated the area of education, particularly universities. The government's policy for the new student admission method, particularly for those requiring abilities such as arts and sports, demands candidates to provide a video or portfolio.

Selection using achievement documents is still susceptible to manipulation, and with the current state of technology, these documents are extremely easy to fabricate. Determining skills or abilities based solely on portfolios might be unable to prepare prospective students who graduate due to their capabilities since the qualified individuals may have tempered their documents. In addition, the portfolio screening process might hinder the self-taught individuals from being accepted into their preferred major, mainly due to the rare engagement of the said individuals in contests or competitions that award diplomas or records proving achievement. In addition, the self-taught students could not display their actual skills to the committee to prove that they merited acceptance into their preferred major, which might restrict their opportunities to develop their skills at the formal education level.

In actuality, the selection of new student admissions is a crucial aspect, as it ensures that the prospective students are of high caliber and possess solid fundamental skills in accordance with the established criteria. This is a routine task for all educational institutions; thus, its implementation must be competent, assured, measurable, and effective. The implementation of these conditions is solely the responsibility of the prospective students' former schools. It is worth noting that prospective students who are expected to submit portfolio information are those who intend to major in sports or the arts.

Individuals who select a sports study program, such as sports science study programs, physical education, elementary school physical education, physical sports coaching, associate degree (D4) in sports coaching, or sports coaching education, are required to submit school-approved portfolio materials. This is in accordance with the guidelines established by the Institution of University Entrance Exams (LTMPT) when the portfolio provides documentation of a collection of student arts or sports performances.

Those who choose sports are required to consider two factors that become the basis for consideration of students' acceptance, namely a short presentation of motor skill test implementation and sports demonstration. The test for prospective students in the sports major is comprised of health information data, including Physical Condition, Medical History, Special Notes (if any), and Statements of Health Condition) examined by medical professionals. Motor Skills Data (Ball-catching, push-ups, sit-ups in 60 s, respectively, followed by Illinois agility run test, standing vertical jump (in cm), and 1600 m run). All motor skills data is assessed, and the accomplishments are recorded by teachers of physical education, sports, and health (PJOK) who already possess teaching credentials. The achievement data (if any) is supported by a recommendation letter from the government. A video recording containing: (a) a standing self-introduction (anatomical stance); (b) footage of the administration of each type of physical fitness test; and (c) a recording of the best performance of participants in a sport.

The Physical Education, Sports, and Health (PJOK) study program is one of the study programs at the Faculty of Sports and Health, Universitas Negeri Gorontalo, primarily consisting of field practice lectures. In order to comprehend the course properly, this prerequisite stipulates that each student must possess the necessary physical capacity.

This means that being in the appropriate physical condition is the most fundamental requirement for every student to be engaged on campus. Therefore, it is safe to say that the government's anticipation that a new student admission program with a portfolio system would produce a quality young generation must be fully supported.

One of the supports is acknowledging the results of government-administered tests, in this case, those administered by the Minister of Education and Culture of the Republic of Indonesia, which has complete faith in the institution where the students are enrolled. In the National Entrance Test for State University (SNMPTN) registration phase, which includes the Joint Entrance Test for State University (SBMPTN), it is stated that students enrolling in the arts and sports study program are expected to submit a portfolio and principal-approved proof of skills documents. This is in accordance with the guidelines established by the LTMPT, where the portfolio in question is required to provide documentation of a collection of student arts or sports performances. The portfolio's contents are a combination of documentation of works or performances created by students in accordance with the requirements for each field and documentation of works or performances owned or created by individuals during their secondary school.

It is worth noting that the portfolio version of all the test items for prospective new students majoring in Physical Education, Sports, and Health is pretty exhaustive. The second year of implementing the new student admissions method based on portfolio data has produced less than encouraging results. On February 23, 2022, during a meeting of sports faculty leaders via zoom, all faculty leaders complained about the physical potential of new students that were approved based on the results of written tests and portfolio data from the second year. This circumstance should not be allowed to persist, considering that it would negatively impact the development of future generations. Future generations are considered to be capable of leading the Republic of Indonesia until the end of time.

The presence of the future generation, better known as reliable human resources (HR), is a crucial aspect that needs to be considered. The accomplishment of this prerequisite is possible if there is a strong connection between constructing sports facilities and enhancing the quality of human resources. Immediate emphasis must be placed on enhancing the quality of sports so that participants in the national development program are intellectually and physically dependable individuals.

Through sports, support for human resource development is implemented in order to prepare healthily and physically fit human resources. This suggests that the nation's physical conditioning enhances the nation's output in various areas of life. A significant issue in sports today is that education has not yet provided an adequate foundation for the development of the fundamental actions of future sports. Sports Education has not been able to present a decent degree of fitness.

Physical condition is a requirement for individuals, particularly students of the Physical Education study program Health (PJOK) at the Faculty of Sports Science, Universitas Negeri Gorontalo. This is significant because they face a learning model that is more prevalent in practice than in theory. In supporting all daily activities, students are required to attend practical lectures that require a high frequency of physical activity and to do so, they must be in excellent physical condition.

The term “physical condition” is comprised of the words condition and physical, where in the Great Dictionary of Indonesian Language (KBBI), the former is defined as a state, while the latter means body. If followed to the letter, the physical condition refers to the state of the body. Stated that physical condition is one of the indispensable prerequisites in every effort to improve achievement [1]. Meanwhile, Piyana in Weda explained that the role of physical conditions is the foundation of every activity [2].

From some of the opinions above, it can be interpreted that physical condition is a state that includes all physical activities such as speed, agility, flexibility, strength, explosive power, and endurance. The superior physical condition could only be possessed by individuals with a high fitness level.

Physical fitness is a component of the process of cultivating physical condition, which is considered one of the essential factors in achieving sports accomplishment. Therefore, it is acceptable to assert that an extensive understanding of the aforementioned field is required. Physical fitness is believed to be affected by routine physical exercises. When considering the concept of physical fitness, this exercise does not involve excessive fatigue. The definition of physical fitness emphasizes daily activities that do not exhaust a person. Physical fitness is part of maximizing leisure time and daily output. With high physical fitness, a person is able to assess their physical capabilities for daily activities. The stronger a person’s physical fitness, the larger his physical labor capacity. This indicates that an individual with proper physical fitness is able to complete tasks before becoming weary.

Physical fitness is defined as the capacity to perform daily tasks without experiencing excessive exhaustion. In addition, it is believed that various factors influence a person’s physical fitness, including genetics, gender, age, body composition, activity, and exercise. Consequently, physical fitness is utilized as a health indicator and a measurement tool for an individual’s maximal aerobic strength and cardiorespiratory fitness [3].

Physical fitness facilitates the development of muscular strength and endurance since by having appropriate strength and stamina, one may be able to conduct daily activities to the fullest extent, hence developing flexibility. It also has the capability of aiding in developing a person’s personality to be calm, courageous, self-confident, athletic, and team-oriented (team building). During one’s development, physical fitness stimulates body growth, prevents obesity and overweight, reduces stress, and enhances happiness. Therefore, it is vital to increase awareness of the significance of physical fitness for an individual.

Jogging, cycling, strolling or aerobics, lifting weights, running in place, and other body movements are examples of exercises that can be undertaken freely at home to maintain physical fitness and to determine the success or failure of a person’s physical activity, a reliable measuring device is deemed necessary.

The bleep test is one of the valid instruments for testing a person’s fitness level. The bleep test measures maximal oxygen absorption in the body (VO_2 max) and cardiovascular fitness. Bleep test, or Multistage 20 m Test, is a continuous running test between two lines 20 m apart for as long as a recorded beep sound is heard. This test is a type of test that aims to determine an individual’s VO_2 max or maximum aerobic strength. According to Nugroho and Baihaqi, VO_2 max is the highest oxygen consumption rate in aerobic metabolism. In other words, VO_2 max represents the maximum amount of

oxygen that may be absorbed per minute and per unit of time during intense exercise. Maximum aerobic capacity is often referred to as maximum aerobic power. A person's VO_2 max is their ability to optimally breathe and utilize oxygen while engaging in physically demanding activities or sports before becoming fatigued [4]. Debbian and Rismayanthi mentioned that VO_2 max is the essence of an athlete's appearance in order to enhance appropriate physical work [5]. Thus, VO_2 max athletes must be superior to the general population to produce qualifying work in their respective sectors. The greater an individual's VO_2 max, the simpler it is for them to engage in physical exercise.

The purpose of conducting a fitness test (VO_2 max) on portfolio-selection individuals is to establish their level of physical fitness, which is primarily done to anticipate whether or not students are sufficiently prepared to enter the Physical Education, Sports, and Health environment. In general, the Department of Physical Education, Sports, and Health provides the learning process not primarily through theory or classroom learning but also movement activities on the field. This suggests that a person with a high level of physical fitness might perform well in any sport-related activity.

Therefore, it is safe to say that it proposes significance since education is a crucial activity for preparing kids for their future lives. Through well-programmed sports activities, it is anticipated that kids will be motivated to develop inherent moral values. Cooperation, honesty, self-discipline, respect for opponents, and a willingness to contribute are some of the qualities instilled by sports participation.

In light of these conditions, an effort must be made to identify the physical state of new Physical Education and Health Class 2020 students by portfolio screening.

2 Research Methods

A method is required for conducting research, and a suitable method is required to solve the research problem and achieve the objectives. This indicates that the research methodology plays a vital role in collecting and analyzing data. This research employs the descriptive method since it seeks to describe the challenges that exist in the present situation. Descriptive research is a form of research that describes the characteristics of the studied population or phenomenon. This means that descriptive research is applied by employing description to present the results. In addition, descriptive research requires the data to be factual and not fabricated. Therefore, although this research aims to describe the research object, it cannot be dependent only on what is given in references, be they books, movies, or other types of references. Researchers must immediately travel to the field to observe and collect their data. So that it accurately represents the facts and makes it easy for researchers to incorporate them into a comprehensive study report.

The method used in this research is the evaluative method. According to Kantun, evaluative research is a research activity that evaluates an activity/program, which aims to measure the success of the said activity/program and determine the success of a program and whether it has been as expected. Evaluation activities usually begin with a person's need to decide about policy, management, or political strategy [6]. Evaluation activities are designed to produce data on the value, service, or educational phenomena's value. Evaluative research is used to examine the success of a program, including the scope of education. This study involved 30 students majoring in Physical Education, Sports, and Health, Class of 2020, who were accepted through the portfolio system.

2.1 Research Site

This research is conducted at the Department of Physical Education and Health, Faculty of Sport and Health, Universitas Negeri Gorontalo.

2.2 Population and Sample

The population in this study were students majoring in Physical Education, Health, Class of 2020, who were accepted through a portfolio system of 30 people. In this study, all members of the population were used as research samples since the number of population members was limited; therefore, the use of the total sample is seen as necessary.

2.3 Data Collection Technique

The data collection technique is conducted by testing the physical potential of students majoring in Physical Education, Sports and Health, class of 2020, Universitas Negeri Gorontalo, who are accepted through the portfolio system. The type of exam is the bleep test, which involves running back and forth between two points 20 m apart while accompanied by music. This test was administered to evaluate the physical capability of portfolio-accepted Physical Education, Sports, and Health students from the Class of 2020 at the Faculty of Sports and Health, Universitas Negeri Gorontalo.

2.4 Data Analysis Technique

As for the data analysis technique, this research employed data reduction, one of the qualitative data analysis techniques. Data reduction is a type of research that sharpens, categorizes, directs, eliminates redundant, and organizes data to be used as a final study conclusion. The data collected in the field is rather extensive; thus, accurate data recording is deemed necessary. As stated before, the more time a researcher spends in the field, the more detailed and intricate the collected data will be; hence the necessity of data reduction in analyzing the collected data.

3 Result Discussion

3.1 Results

The results revealed that the physical potential of new students from the Class of 2020 majoring in Physical Education, Sports and Health at the Faculty of Sport and Health, Universitas Negeri Gorontalo, who were accepted via the class of 2020 portfolio system, had only two categories: very poor and uncategorized. The results showed different physical potential in 26 males, consisting of one student in the uncategorized category with only level two and six turns. Furthermore, 25 people were in the very poor category, reaching levels three, four, five, and six with varying feedback. Similarly, the female group consisted of four people, which two individuals did not enter the category at all or did not reach the minimum requirement for a category, namely level 2 and two turns. On the other hand, the other two people could only get to level 3 and three turns, which is included in the very poor category. Below is presented the details regarding the discovered data (Table 1).

Table 1. Short cut keys for the template

Name	Age	Sex	Level/ Turn	Vo_2 max	Category
Syarif P.A	18	L	2/6	21.8	Uncategorized
Sukrin K	18	L	3/3	23.9	Very Poor
Randy RL	20	L	3/3	23.9	Very Poor
Gusti T	19	L	3/4	24.3	Very Poor
Moh R.AP.	20	L	3/4	24.3	Very Poor
Whd	18	L	3/4	24.3	Very Poor
Jery TR	21	L	3/6	25.0	Very Poor
Moh. F A.	21	L	3/6	25.0	Very Poor
Moh. S H	19	L	3/7	25.3	Very Poor
Zulk	17	L	3/8	25.7	Very Poor
Sahrul K	20	L	3/8	25.7	Very Poor
Abd. K. I.	18	L	4/1	26.2	Very Poor
Shl	18	L	4/1	26.2	Very Poor
Sahl. P.	21	L	4/2	26.8	Very Poor
Su. ARS.	19	L	4/2	26.8	Very Poor
Muh. R.	18	L	4/2	26.8	Very Poor
Wh. N. K.	19	L	4/4	27.6	Very Poor
Whu. N. M.	18	L	4/4	27.6	Very Poor
Abd. M. S.	18	L	4/4	27.6	Very Poor
Moh A. D.	19	L	4/5	27.9	Very Poor
Ad. E. S.	18	L	4/5	27.9	Very Poor
Moh. S.	21	L	4/5	27.9	Very Poor
Bw. s. D	20	L	4/6	28.3	Very Poor
A. Sen.	19	L	5/2	30.2	Very Poor
Nas. Pan.	19	L	5/5	31.4	Very Poor
Us. Pes.	19	L	6/3	33.9	Very Poor
Des. Hun.	19	P	3/3	23.9	Very Poor
S. Nov. M.	18	P	3/1	23.0	Very Poor
Dw. A. G	19	P	2/3	20.7	Uncategorized
R J Lah	18	P	2/1	20.4	Uncategorized

3.2 Discussion

The results indicate that the physical potential of new students in the Class of 2020 majoring in Physical Education, Sports, and Health who are accepted through the portfolio system falls into only two categories: (1) uncategorized and (2) very poor category, for both males and females. As many as 26 men were divided into two categories: one student (1%) in the uncategorized category and 25 students (99%) in the very poor category. Meanwhile, four women are divided into two categories: two students (50%) are uncategorized, and two students (50%) are in the very poor category. The lack of physical potential of both men and women suggests that the new Physical Education, Sports, and Health students of the Class of 2020 who are accepted through the use of the portfolio system and serve as the sample of study display severely alarming physical potential. It is worth noting that at the time this study was conducted, the participants were in their second semester or had received practical learning interventions for two semesters or one year, and should future research be conducted, decent students' physical potential is highly required.

Even though the portfolio admissions system has yet to be implemented in the field, students who have attended two semesters of practical lectures can at least demonstrate a decent physical capacity. Majors in sports emphasizing practical instruction over theory should ensure that students are physically fit. The results demonstrated that the physical potential of new students admitted through the portfolio system who major in sports was much below expectations. This circumstance requires the researcher to determine the causes of the low physical potential of the first-year students through the portfolio system.

The reality indicates that several factors contribute to the low physical potential of portfolio-accepted students majoring in sports, namely: First, the first-year admissions system focuses solely on track records or performance records that are entirely presented to the students' previous school. The recorded data presented to the central committee as a requirement for graduation for potential first-year students may not be entirely accurate. The rapid development of technology permits data manipulation to meet the requirements. Therefore, sometimes the data sent does not match the reality in the field, which is considered an issue that needs substantial attention from multiple parties, particularly universities, who are the potential source for future competitive human resources.

Second, the absence of monitoring following the delegation of responsibility to the school to assess student competencies does not preclude the possibility of data manipulation. The reality reveals that the Physical Education, Sports, and Health students of the Class of 2020 admitted through the portfolio method commonly lack the expected physical potential. These results prove that the government's policy of granting or delegating responsibility to the school as the administrator of prospective students' skills evaluations must be reconsidered.

Thirdly, the percentage of passing grades for theory and practice is identical, i.e., 50% for theoretical and 50% for practical scores, contributing to assessment disparity. The percentage of practical scores (60%) should be more significant than theoretical scores (40%) for majors that rely on physical capabilities. The allowance of this percentage would result in the abundance of the aspiring sportswriter population in the Department

of Physics Education, Sports, and Health. This implies that this approach will accelerate the depletion of human resources in the sports industry, given that the campus is a symbol of the growth and development of sports.

In order to increase the campus's contribution to human resources development through sports, the government, through the ministry of education and culture, must implement a policy that entails returning the implementation of tests to prospective new students, particularly those majoring in sports.

4 Conclusion

The result is that three factors contribute to the low physical potential of freshly admitted students majoring in Physical Education, Sports, and Health at the Faculty of Sport and Health at Universitas Negeri Gorontalo.

First, the new approach for student admission focuses solely on track records or skill records that are entirely given to the student's previous school and must be reviewed. Second, the delegation of responsibility to the school for the evaluation of student skills must include additional parties as supervisors. Thirdly, the percentage of passing grades for theory and practice is identical, i.e., 50% for theoretical and 50% for practical scores, contributing to assessment disparity. The movement-dependent majors should have a more significant proportion of practical value than the theoretical value, specifically 60% practice, and 40% theory.

In order to produce exceptional and competitive human resources through sports, the practice of accepting new students, especially sports majors, through portfolios must be discontinued, and the campus must be given full responsibility as the executor.

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