

# Development of Body Learning Methods with Method Variations that use Fitness Media in the Indonesian Institute of the Arts Denpasar

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**Abstract**—The Performing Arts Education Study Program, FSP ISI Denpasar as a new study program seeks to develop superior and quality learning. Study of body work subjects that develop motion training methods according to the pattern of free movement. This body exercise training is to increase body flexibility, maximize range of joints, instill a sense of aesthetics and motion sensitivity. So also adds strength in increasing body stamina. Body processing learning with methodical variations utilizing fitness media is a method development in the Performing Arts Education study program that has not been done before. The application of other methods still refers to conventional methods. The focus of the study is on the selection of attraction and yoga motion engineering materials and the formulation of the concept of motion that utilizes fitness media. The first step is to write the terms of the body work process, and the steps for implementing it. The advanced target is the motion technique for learning the body by utilizing media fitness. The description will be the applied material for learning the body work subject. The methodical variation produced as an effort to adjust the potential and fitness media in the Performing Arts Faculty.

**Keywords**—*learning; body work; method; fitness*

## I. PRELIMINARY

The learning process occurs when behavioral changes are found, from not knowing to knowing, from being unable to be able, from being unskilled to being skilled. All of this is based on an experience. Learning is characterized by a change in behavior regarding cognitive aspects such as understanding, skills, aspects of skills and effective aspects such as attitudes and habits [1]. Learning methods generally only rely on lecture methods and demonstration methods, nowadays other methods need to be developed by utilizing fitness media / practical technology.

Learning if the body is a body movement exercise from head to toe. Body movement exercises to train the muscles to be balanced, flexible and strong. The body movements chosen are patterned and free. Patterned motion is a movement that has a clear sequence, clear calculations, steps and directions and clear terms, such as running, jumping, rolling, rotating, and other movements. Free movement is a non-patterned

movement that functions to warm up only, so that the body's exercise is needed to improve balance, flexibility, maximize the range of joints, instill aesthetic sense and sensitivity to motion, and increase stamina. If the body posture is not ideal, it will interfere with daily activities that have an impact on lack of confidence, so physical appearance is needed to form a posture as a dancer.

## II. METHOD

The new learning method was developed in the course of the body that utilizes fitness media facilities with effective and effective exercise. Learning is done with interactions between lecturers and students. Learning systems are diverse and interesting based on the ability to achieve learning outcomes that meet the demands of the job market. This is more focused on an education system by using new learning media methods without abandoning conventional learning methods [2-4].

Learning materials are focused on processing motion in the form of attraction techniques and the development of yoga to shape the student body to be balanced, flexible, and strong. Studying if the body means the practice of moving to process the body supported by fitness equipment according to the target and function of the tool. Movement of the limbs, head and feet can make it flexible and has the strength supported by the use of fitness technology media regularly and directed. This training can succeed optimally, but it requires perseverance and tenacity in practice.

## III. BODY GROWTH DEVELOPMENT AS STUDENT CREATIVITY STRENGTHENING

Students begin to train the body with free motion not patterned as a warm-up, then practice patterned motion using clear counts, steps and directions. After the student body movement technique has been carried out, then it is examined and linked to strengthening student creativity. The result is a developmental motion technique that is manifested on the basis of motivation, in the form of the development of the movements of the akroyoga body and the attraction of attractions that have a direct impact on the progress of the choreography course. The results of the attraction motion

engineering model are very popular and useful as a development in the choreography course. This has become an important potential in building student creativity [4].

The basic body movement must first be mastered so that it is then able to do the body movements developed. Exercising the body with various types of basic body movements, such as walking, spinning, jumping, hovering is done by imitating various types of animal movements. Animal movements include: duck road, duck road, omang-omang road, lizard crawling road, komodo road. Types of rotating movements, such as rotating tiptoe movements, please rotate, trim, rode, roll rocks, roll and back roll movements. Mastery of various motion techniques is inseparable from the imitative method (imitating the original motion). After mastering imitative motion techniques, then then do various types of motion techniques both movements of the legs, body, hands and fingers to support the improvement of student creativity.

Based on experience, the number of face-to-face meetings in one semester is not enough to deliver material only by relying on one method. This was then carried out efforts to use auxiliary media in the form of new fitness equipment available in the studio, to help facilitate and develop the learning process independently.

This study begins with the stages of describing the basic movements of the body and continued the explanation of the use of fitness media to form the student body to be stronger in preparing as a dancer. A dancer must have good, interesting and beautiful dancing skills. The basic movements if the body has been observed as many as 35 kinds of movements are given their own names according to the name of the gesture and the name of the motion performed by the animal. Thirty-five basic movements of the body are: Creeping Movement, Roll and Backroll Movement, Scorpion Movement, Omang-Omang Road Movement, Rotating Sila Movement, Duck Road Movement, Trecet Movement, Seesaw Movement, Shadow Movement, Bent Leg Straight Movement, Peeking Movement, Steady Movement, Half Kayang Movement, Stone Bolster Movement, Spinning Tread Movement, Butt Street Movement, Roll Movement, Back Roll Movement, Sila Guling Movement, Omang-Omang Street Movement, Duck Movement, Street Movement Half Kayang, Open Close Movement, Trecet Movement, Straight Bend Movement, Scorpion Movement, Lower Propeller Movement, Full Lower Round Movement, Creeping Movement of Cicak Road, Movement of Jalan Komodo (Biawak), Wall Push Movement, Wheel Style Movement, Force Movement Straight Leg Drift, Drift Movement style, Foot Bend, Toad style movement.

At the next level of body training is the development of the body, which is a course that discusses and practices the akroyoga movement and the attraction of attractions in pairs, threes, and fours. This paired or grouped model is used so that students are able to demonstrate imitation and development of human motion in everyday life, as well as the life of the motion of animals, plants or trees properly and correctly. Important courses in development body are given to students in supporting graduate learning achievements. Understanding of akroyoga movement and attraction of body development is

very important for students in preparing the body as dancers, when working dance.

The use of fitness media as an effort to utilize and implement learning methods at ISI Denpasar. The provision of complete fitness media is expected to be a support for the success of a form of developmental motion technique that utilizes fitness media as a methodic variation in body learning. Various types of fitness equipment that can be used as a tool in working the body. This fitness device is like a Treadmill, to increase stamina. Static Bicycle, a tool to train leg muscles, this tool is useful for burning excessive fat in the body. Elliptical Machine, a machine tool for training leg muscles that are used to walk. Leg Press Machine, a tool to tighten the thigh and calf muscles. Dumbbell, as a basic fitness tool. The shape is 2 pieces of load connected by a short iron rod. Unlike other tools, it is used for variations in fitness movements. Swiss ball is a rubber ball filled with air. The shape of a spherical and unstable ball makes the body balance. Lat Pull Down tool focuses on forming back muscles. Various types of fitness equipment can be seen in figure 1, and body motion development and use of fitness equipment can be seen in figure 2.



Fig. 1. Fitness Equipment.



Fig. 2. Body Motion Development and use of Fitness Equipment.

#### IV. CONCLUSION

Development of learning methods still refers to conventional methods. The method applied has been understood and practiced by students. The training results have been able to produce descriptions of 35 basic movements which were later developed into attraction and yoga techniques. Furthermore, to develop a method so that there is no saturation of some attraction motion applied with fitness devices as a method variation. The results of this study are in the form of motion techniques and method variations related to fitness media learning facilities that are new at ISI Denpasar, to be more functional and can be developed sustainably.

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