

ABSTRACT

Dwi evant permana. Efforts to improve the study results swimming the breaststroke use some help media vcd to their students class XI pharmaceutical 3 Smk Taruna Integrated I Bogor Center School. Thesis. Jakarta : The Faculty Of Sport, Jakarta State University, july 2017.

This study attempts to improve and improve the result learn swimming the breaststroke use some help media vcd . Study was conducted in smk taruna I bogor integrated center school . The methodology used is the methodology the act of class action (classroom research) . With the qualitative baseline data .The research phase class action involving expert in bidang-bidang physical education especially sports pool as collaborators . Study was conducted as many as 2 cycle , where cycle 1 consisting of 2 meetings and cycle 2 consisting of 2 meetings.

The cycle i realized in the form of action i results as follows: 1) students did not understand will the concept of swimming movement the breaststroke .2) students have not been able to perform technique swimming movement the breaststroke especially on movements of the arms and limb .3) students have not been able to coordinate technique the breaststroke swimming movement .4) students rudimentary in doing swimming movement the breaststroke .The second cycle embodied in form of action ii results as follows: 1) students will know the concept of swimming movement the breaststroke. 2) students able to perform technique swimming movement the breaststroke especially on movements of the arms and limb . 3) students able to coordinate technique the breaststroke swimming movement . 4) students able to perform swimming movement the breaststroke well.

~

The second cycle embodied in form of action ii results as follows: 1) students will know the concept of swimming movement the breaststroke. 2) students able to perform technique swimming movement the breaststroke especially on movements of the arms and limb. 3) students able to coordinate technique the breaststroke swimming movement. 4) students able to perform swimming movement the breaststroke well .

This research result of the study results pool the breaststroke through learning use some help media vcd . Increased is evident from the average a pre test = 7,2 students , cycle = 9,24 i and ii = 12,24 cycle .Ketuntasan student learning to test results early students who were students good 3 (12 %) , students who was 15 students (60 %) , students who less 7 students (28 %) .To exhaustiveness students at cycle I students who completed a number of 3 students (12 %) , students who was 17 students (68 %) , students who less 5 students (20 %) and cycle II students who completed a number of 3 students (12 %) , students who was 19 (76 %) , and students who less 3 students (12 %) .

Thus , we can conclude that through learning using media vcd aid can improve results learn swimming style of the breastbone in grade students pharmacy 3 XI Smk Taruna First Integrated Bogor .