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ACPES 2017

The 3rd International Conference on Physical Education Health and Sport

ASEAN Council of Physical Education and Sport

*"Best Practice for ASEAN⁺ Community: Enhancing Physical Activity,
Physical Education, Sport, Health and Recreation"*

Abstract



ACPES

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**PROCEEDING INTERNATIONAL CONFERENCE OF ASEAN COUNCIL
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PRACTICE FOR ASEAN+ COMMUNITY: ENHANCING PHYSICAL
ACTIVITY, PHYSICAL EDUCATION, SPORT, HEALTH AND
RECREATION**

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WELCOME MESSAGE FROM THE PRESIDENT OF ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT

On behalf of ASEAN Council of Physical Education and Sport, I am a great pressure to welcome all of you the open ceremony this morning to the 3rd International Conference on Physical Education, Health and Sport which will be held in Saen Palm Convention Hall, Kasetsart University, Kamphaeng Saen Campus, Thailand from September 2-5, 2017 organized by Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus, Thailand. I would like to sincere most specially thank you organizing committee and key note speaker Dr.Kasem Nakornkhet, from Physical Activity Research Center Thai Health Promotion Foundation, Prof. Dr. Barbara Schlatter from Illinois state university, USA., Prof. Dr. Shinya KUNO from Department of sport Medicine, University of Tsukuba, Japan for honor invitation in spite of your very busy and tide schedule.

I would say that this conference series was formly called ASEAN Universities Conference on Physical Education and Sport Sciences (AUCPESS) which began in 2011. The 1st AUCPESS conference was hosted by Srinakharinwirot University Thailand, and 2nd conference at University of Putra Malaysia, The 3rd conference at Mahasarakham University, and The 4th conference at NIE and ITE Singapore. Since July 8, 2014, AUCPESS decided to be expanded and called ACPES (Asean Council of Physical Education and Sport) in order to accommodate more aspirations and expressions of sport's community. The 1st conference, ACPES 2015, was hosted by Semarang State University Indonesia. The 2nd conference, ACPES 2016 was hosted by Mindanao State University-Iligan Institute of Technology Philippines. And now, our third conference which will be held from September 2-5, 2017 at Kasetsart University Kamphaeng Saen Campus. For the time being, ACPES has networking 11 universities including Kasetsart University Thailand, Chulalongkorn University Thailand, Srinakharinwirot University Thailand, University of Putra Malaysia, Mahasarakham University Thailand, National Institute of Education Singapore, Semarang State University Indonesia, Institute of Technical Education Singapore, Mindanao State University-Iligan Institute of Technology Philippines, Universiti Teknologi MARA Malaysia, and St. Michael's College Singapore.

In this 3rd ACPES conference will provide us not only essential knowledge but also a great opportunity to share experiences both technical and significant issues and. Finally, I wish all 3 days of interesting and beneficial program and also that you have a pleasant stay in Kasetsart University, Kamphaeng Saen Campus. I warmly welcome you again.

A handwritten signature in black ink, appearing to read 'Supranee K'.

Assoc. Prof. Dr.Supranee Kwanboonchan
President of ASEAN Council of Physical Education and Sport



WELCOME MESSAGE FROM THE PRESIDENT OF KASETSART UNIVERSITY

On behalf of Kasetsart University Thailand, I am honored and delighted to welcome you to the 3rd International Conference on Physical Education, Health and Sport. We are very excited to be hosting this important conference at Kasetsart University Kamphaeng Saen Campus. The theme of the 2017 conference “Best Practice for ASEAN Community: Enhancing Physical Activity, Physical Education, Sport, Health and Recreation” will underpin the need for collaboration and cooperation of individuals from a wide range of professional backgrounds. I extend my gratitude to ACPES 2017 committee as I know that the success of the conference depends ultimately on many people who have worked with us in planning and organizing this program. I hope that you will find the conference and your stay in Kasetsart University Kamphaeng Saen Campus are both valuable and enjoyable.

A handwritten signature in blue ink that reads "Chongrak".

Dr.Chongrak Wachrinrat
President of Kasetsart University



**WELCOME MESSAGE FROM THE
ACTING VICE PRESIDENT FOR
KAMPHAMPHAENSAEN CAMPUS**

On behalf of Kasetsart University, Kamphaeng Saen Campus, I am a great pleasure to welcome all of you to *participate* the 3rd International Conference on Physical Education, Health, and Sport which will be held in Saen Palm Convention Hall, Kasetsart University, Kamphaeng Saen Campus, Thailand from September 2-5, 2017 organized by Faculty of Education and Development Sciences. I would like to sincerely most specially thank you organizing committee and key note speaker for honor invitation. In this 3rd ACPES conference will provide us not only essential knowledge but also a great opportunity to share experiences both technical and significant issues. Finally, I wish all 3 days of interesting and beneficial program and also that you have a pleasant stay in Kasetsart University, Kamphaeng Saen Campus.

A handwritten signature in blue ink, appearing to read 'Trin Saengsuwan', written in a cursive style.

Assoc. Prof. Dr. Trin Saengsuwan
Acting Vice President for Kamphaeng Saen Campus



**WELCOME MESSAGE FROM THE
DEAN OF FACULTY OF EDUCATION AND
DEVELOPMENT SCIENCE**

Welcome to ACPES 2017. It is on behalf of the conference committee that we are very pleased to invite you to join the third conference of ASEAN Council of Physical Education and Sport, as known as ACPES 2017 which is hosted by Kasetsart University Kamphaeng Saen Campus Thailand. It is located on a vast area of over 3000 acres in Kamphaeng Saen, Nakhon Pathom, the lower central region of Thailand. This annual event devoted to the physical activity, sport, health and recreation that will give participants a platform of exchanging ideas, discovering new opportunities, reacquainting with colleagues, meeting new friends, and broaden their knowledge. The members of the organizing committee are very proud to be hosting this conference and look forward to welcoming you to our city and our country.

A handwritten signature in blue ink, appearing to read 'Kampanat'.

Assist. Prof. Dr. Kampanat Pensupar
Dean of Faculty of Education and Development Sciences



WELCOME MESSAGE FROM THE CHAIRPERSON ACPEs CONFERENCE 2017

On behalf of organizing 3rd ACPEs conference committee, It is a great pleasure for me to welcome key note speakers and participants from all ACPEs networks to come for exchange experience and knowledge together on the 3rd International Conference on Physical Education, Health, and Sport is held at Kasetsart University, Kamphaeng Saen Campus, Thailand during September 2-5, 2017. As chairperson of ACPEs conference, I wish the conference would enhance knowledge and experience in term of physical activity and physical education, health and recreation among ASEAN+ community networks. Hereby, we invited a famous key note speakers and various kinds workshops to share new ideas and boarder perspective. Finally, I wish you will gain benefit on those ACPEs conference and enjoy our Kasetsart University, Kamphaeng saen campus.

A handwritten signature in black ink, reading "Sirichai Sriprom". The signature is written in a cursive style and is enclosed in a thin black rectangular border.

Assist. Prof. Dr.Sirichai Sriprom
Chairperson ACPEs conference 2017

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ACPES 1

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ABSTRACT

Aging is one of the greatest fears of the elderly. A recent survey from the Disabled Living Foundation revealed that two-thirds of the elderly are becoming a burden to their families. In Iligan City, the elderly swell in an unprecedented rate of deterioration, thus, the Department of Physical Education of MSU-IIT conducted a wellness advocacy to enable them to enjoy as well as develop and maintain physical fitness. This wellness advocacy for the one hundred twenty participants was undertaken to determine the efficacy of the physical fitness program to the health of the elderly. Conducted at the public plaza, the participants performed dances and exercises twice a week for two hours from May 2015 – November 2015. The activity involved three stages: Kick-off; Physical Fitness Pre-testing and Medical Evaluation; Physical Fitness Intervention & Lectures; and Post Testing and Culmination Program dubbed as “Pwede Pa Kami” where twenty trophies were awarded to best performer participants. Using the Standardized Senior Fitness Test, it was found out that there was a decrease in the number of obese participants after the wellness intervention program. There were significant improvements in the respondents’ cardiovascular fitness, muscular endurance, strength, flexibility and agility as evidenced in the post-test scores. Moreover, the impact of the activity to their regular participation revealed that their physical, mental, and socio-psychological well-beings were greatly improved. Hence, the designed wellness intervention program was an effective physical fitness program which that can be continuously implemented among the elderly of Iligan City in order to have a more active and healthy lifestyle.

Keywords: elderly, health, physical fitness

ACPES 2

EXPLORING KNOWLEDGE, ATTITUDES AND PRACTICE TOWARDS FOOD HYGIENE AMONG STUDENTS IN AMINUSALEH COLLEGE OF EDUCATION AZARE, BAUCHI STATE, NIGERIA

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ABSTRACT

There have been several reports of outbreak of food poisoning in schools in recent times. Most of these outbreaks were attributed to no-adherence to hygiene practices by the people of the school. It is also argued that, students do not practice food hygiene because either they have little or no training in food hygiene or because of supervision at school. Most of these studies have concentrated on the practice in the hospitality and leaving out hospitality that is future. The purpose of this study was to explore food hygiene knowledge, practice and attitudes regarding handling of leftover foods, cross contamination and personal hygiene, hospitality of students of tertiary institutions. Questionnaire and focus groups interview were used to collect the data. The results were analyzed using SPSS version 21. Findings revealed that, majority of students have knowledge regarding handling leftover food, cross contamination and personal hygiene. However, there were deficiencies in food hygiene practice and attitudes due to competency, time and peer pressure.

Keywords: food hygiene, food poisoning, students training practices

ACPES 3

PROGRESSIVE MUSCLE RELAXATION FOR PETANQUE ATHLETE UNIVERSITAS NEGERI SEMARANG 2017

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ABSTRACT

This is research concept with titled "*Progressive Muscle Relaxation for Petanque Athlete UniversitasNegeri Semarang 2017*". This research aims to determine how much influence Progressive Muscle Relaxation on the shooting results at Petanque athletes UniversitasNegeri Semarang 2017. This research is a library research. In the sport competition, it is possible if the athlete would be feel anxious and athletes would be decreased of their ability for play. Athletes have to do what should they do to keep on the best performance especially during the game in the competition. The results of the research are: 1) the one way to improve athlete's mental to avoid the anxiety is improving their muscle ability. 2) they could use *Progressive Muscle Relaxation* exercise to improve their muscles ability. 3) the relaxation exercises of certain muscle groups: from the muscles of the arms, head muscles, neck muscles, shoulder muscles, chest muscles, abdominal muscles, back muscles, to leg muscles. 4) it should do before and the training program continously to get the best performance.

Keywords: anxious, progressive muscle relaxation, muscle, petanque.

ACPES 4

PHYSICAL ACTIVITIES TO CHILDREN WITH DOWN SYNDROME AT ILIGAN CITY SPED CENTER: PROPOSED DEVELOPMENT PROGRAM

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ABSTRACT

This study endeavored to propose a physical activity program under the Special Education curriculum which could help in developing the Social Skills of Children with Down syndrome at Iligan City SPED Center. There were ten (10) respondents diagnosed with Down syndrome enrolled during School Year 2016–2017. The study was conducted from August to September, 2016. In order to obtain the desired data, the researchers asked permission from the principal through the Iligan City Division Office Superintendent that they be allowed to conduct their study at Iligan City SPED Center. The researchers adopted the assessment tool questionnaires developed by Grisham and Elliot (2008) known as the Social Skills Rating Scales. To interpret the obtained data accurately, the researchers employed statistical tools such as frequency and percentage distributions to describe the respondents' profile; Mean for the Social Skill Level of the children with Down syndrome; and T-Test for significant difference between the pretest and posttest scores of the respondents. Results revealed significant effects of bocce activity to the social skills of children with Down syndrome. Hence, it is recommended that Bocce physical activity be adopted under Special Education curriculum to valuably develop the social skills of a child.

The association of bocce, a sport activity which develops better interaction among children with down syndrome, is substantiated by the theories of Vygotsky (Wertsch, 2000) on the Play theory on the Play theory which emphasizes that the social development of the child is developed through imitating others during their play time or physical activities. Through imitation, children with Down syndrome would gradually learn to manifest their sports skills by socializing themselves with their peers. As such, they would be able to get out from their shell and start to recognize their presence in the group; and Zone of Proximal Development which stresses that when a child follows an adult's example and gradually develops the ability to do certain tasks without help or assistance implies that he/she is in the Zone of Proximal Development. Thus, with constant interactions, learners can eventually develop their interests in accomplishing things with or without the help of any individuals like their SPED teachers, parents, peers and other people who they interact with. Once, the children with down syndrome have conditioned themselves to do the things they have imitated, they would start heightening their desires to perform tasks

independently; and Bandura's (1977) social learning theory which explains human behavior in terms of continuous reciprocal interaction between cognitive, behavioral, and environmental influences. It encompasses attention, memory and motivation, social learning theory spans both cognitive and behavioral frameworks. It is also the theoretical foundation for the technique of behavior modelling which is widely used in training programs focusing on the concept of self-efficacy in a variety of contexts.

Results revealed significant effects of bocce activity on the social skills of children with Down syndrome. The over-all effect of the program intervention using Cohen's d was equal to 0.59, which under Karl Pearson's Correlation, showed a substantial relationship between two variables. The group had a mean score of 10.4 on the pretest and 14.1 for its posttest. The difference of 3.700 was significant since the computed t was 5.842 which was higher than tabled t of 1.833 at 0.05 level of confidence. Hence, it is recommended that Bocce physical activity be adopted under Special Education curriculum to valuably develop the social skills of a child.

Keywords: bocce physical activity, special education curriculum, down syndrome

ACPES 5

SPORTS IMPLICIT BELIEFS AND SPORTS EMOTIONS

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ABSTRACT

Several studies have been conducted mostly focused on the emotions to achievement in sports, but limited studies on the antecedents on relationship of implicit beliefs to sports emotions. This study aimed to examine implicit beliefs on ability as determinants of sports emotions. A sample of 1027 college students took part in the study and completed self-report questionnaires on athletes' emotional states and implicit beliefs. Hierarchical regression analyses were conducted twice, first with two subcomponents of implicit beliefs (entity and incremental beliefs) and second, with more specific four subcomponents of implicit beliefs (stable, gift, improvement and learning). The findings showed that incremental beliefs positively influence positive emotions (i.e., excitement and happiness) but negatively enhance negative emotions (i.e., anxiety, dejection and anger). Examining closely the stable- and gift-entity beliefs, results yielded that stable-entity predict positively negative emotions while gift-entity beliefs predicts happiness. The findings of the study implied that when athletes discriminate their abilities that are fixed and deficit in contrast to abilities that are fixed and positive (i.e., gift), different emotions can be elicited.

Keywords: sports implicit beliefs, sports emotions, athletes, hierarchical regression

ACPE 6

ZUMBA EXERCISE PARTICIPATION: ITS EFFECT TO THE HEALTH STATUS OF ADULTS IN ILIGAN CITY

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ABSTRACT

This descriptive study would determine the relationship between the Zumba exercise participation and health status of the 170 male and female adult-respondents in Iligan City with ages ranged from 40-60 years old who attended Zumba training exercise in Iligan Public Plaza conducted every Saturday from 5:00 to 8:00 in the morning. The study also determined if how the moderating variables such as age, body mass index (BMI), gender, lifestyle and other participation in physical activity interplay in the relationship between Zumba exercise participation and health status among the respondents. In addition, multiple response and logistic regression method were used to test the significant relationship of the variables.

Based on the interpretation and results of the data, findings showed that out of the 170 adult-respondents who participated in Zumba, 142 were females and only 28 were males with ages 40-60 years old who were overweight; in terms of lifestyle, the overall average weighted means of 2.79 and 2.19 for the lifestyle effects before and after joining the Zumba exercise (Part A). An overall average weighted means of 3.52 and 4.00 considered their lifestyle effects before and after joining Zumba exercise (Part B); the overall weighted mean of 3.83 in terms of the adult-respondents participation in other physical activities. Generally, only the moderating variable Body Mass Index (BMI) interplayed in the Time Spent in Zumba exercise participation between health status among adult-respondents of this study.

Based on the analysis, Zumba exercise has a big impact to the health status of the adults in Iligan City in terms of affective domain and psychomotor domain. Attending Zumba exercise proves that health status of adults improves their lifestyle. However, Zumba exercise influence adults nowadays because of the benefits that they can get from the activity.

Keywords: exercise, health, zumba,

ACPES 7

PANGINHAS: A CULTURAL DANCE OF BORACAY

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ABSTRACT

This study interpreted the cultural and occupational practices of the local fishers in Bulabog Beach, Balabag, Malay, Aklan through a dance. Specifically, the study created dance steps based from processes of *Panginhas* or shell picking namely; *Pamueot* (picking), *Pag-eusgos* (washing), *Panueo* (picking), *Pagsud-sud* (craning) and *Pagpili* (sorting). The study utilized the ethnographic research design. Validity of the information was taken through key informant interview, participant observation and focus group discussion. The key informants were eight (8) locals who still practiced shell picking for not less than 20 years. The respondents were identified through purposive sampling method. Qualitative data were gathered through interview using a semi-structured interview guide. Other data were gathered through participant observation and focus group discussion. The study was conducted from September 2016 to February 2017. *Pamueot* or picking was done by bending the trunk to the ground to pick the shells and place in the net basket. *Pag-eusgos* or washing was performed by dipping the net basket in the sea and shaking it off to wash the shells inside the basket. *Panueo* or picking was performed at night using torch or fuel lamp as source of light with similar movements to *pamueot* or picking. *Pagsudsud* or craning was being done during high tide using *sudsud*, a local made technology from bamboos or woods, to crane the shore and collect shells. *Pagpili* or sorting was done by segregating the useful shells from the unnecessary or not important shells. Through the result of the study, a dance literature was created.

Keywords: panginhas, occupational dance, process, dance literature

ACPES 8

A FOLLOW UP STUDY OF A FORMALIZED MENTORING PROGRAM FOR NOVICE BASKETBALL COACHES

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ABSTRACT

The purpose of this study was to investigate the perceived effectiveness of a formalized mentoring program conducted by the Basketball Association of Singapore for novice basketball coaches in facilitating their career development five years ago. Coaches who are currently coaching and those who have stopped coaching were purposefully selected to gain insights and information to answer the research questions. Data collected were analyzed using thematic analysis procedures as these procedures are flexible and relevant to research involving many participants. Results showed that coaches reaffirmed the strengths of the mentoring program by surfacing the benefits that they gained from it. The benefits include providing guidance in development of coaches, exchange of coaching information, networking, personal growth, initial job opportunities and promote coaches' learning. One of the biggest challenges coaches faced was job opportunities and results also show that coaches overcame their challenges through external-help and self-help. Suggested improvements to further strengthen the existing mentoring program include improving the mentoring process, delivery of the program, selection of mentors, program design, and establishing a mentoring culture and support systems. These findings were useful to inform and improve the existing mentoring program in order to benefit coaches in their development and their athletes' development. The findings from this study also suggest that mentoring is a good way for coaches to learn and develop themselves.

Keywords: mentoring, coach education, coaching, coach development

ACPE 9

WELLNESS ENGAGEMENT: IT'S EFFECT ON THE JOB PERFORMANCE OF NON-TEACHING EMPLOYEES

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ABSTRACT

Health plays an essential role to fully enjoy the essence of life. Possessing and maintaining good health is important for us to function well in our day-to-day activities much more in our work. It is with this reason that the researchers conducted a study to determine the wellness engagement and job performance of employees. The sample of the study were the employees of Mindanao State University-Iligan Institute of Technology (MSU-IIT), Iligan City, Philippines. The study focused on the lifestyle of the respondents such as physical activity, food preference, sleeping habits and its relationship to their job performance.

Questionnaires were distributed to a total population of non-teaching employees of MSU-IIT. Likewise, interview has been conducted among the respondents to gather more information regarding their lifestyle and food preference and its effect to their job performance.

The result of the study revealed that majority of the respondents have moderate level of physical activity and some are not at all engage in physical activities. Their food preference and sleeping habits has no significant relationship to their job performance. Likewise, testing the data using the chi-square indicates no significant relationship between wellness engagement and job performance among the respondents.

However, based on the interview conducted, the employees of MSU-IIT participated in the "SIGLAKAS" Program conducted by the Sports Development Office of the institute. This program composed of varied sports and wellness activities intended for the employees. Hence, we conclude that the respondents were participating this program and that, it is enough for their wellness engagement that made some of them, still effective in their job performance. Moreover, we still recommend that employees should engage in regular physical activities to really improve and maintain their good health to be effective in all of their undertakings including job performance. That management of the institution should support the fitness/sports program, giving time for the employees to be excused from their offices/duties and engage in their regular fitness program for the employees to be more effective in their assigned tasks.

Keywords: wellness, engagement, performance, performance, non-teaching

ACPES 10

MALNUTRITION AMONG SELECT PUPILS OF ELEMENTARY SCHOOLS AND ITS EFFECT TO THEIR ACADEMIC PERFORMANCE

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ABSTRACT

This study aims to determine whether malnutrition could affect the academic performance of elementary pupils. The respondents of the study were the select pupils of Elementary Schools in Iligan City, Philippines. The study investigates if the intervening factors of body mass index (BMI), family monthly income, gender, and grade level will correlate with malnutrition and academic performance of the respondents.

The findings of the study revealed that there was a significant relationship between malnutrition and academic performance of the respondents. Further, economic status of the respondents is a significant factor which positively correlate with their academic performance. However, body mass index (BMI), and gender exhibited no significant relationship with malnutrition of the respondents. It was noted that respondents has normal BMI considering also that they are still young and still very active as has been observed.

Likewise, the study revealed that malnourished children experience loss of mental capacities and some have low academic performance in school. This brought into the conclusion that malnutrition can really affect the academic performance of the pupils, as has been expressed by health practitioners. Hence, parents should take care on the health of their children by providing nutritious food and encourage their children to engage in physical activities to attained good health for a better performance in school

Keywords: malnutrition, elementary, academic, performance

ACPES 11

THE EFFECTS OF UTILIZING A PRE-SHOT ROUTINE AND BREATHING CONTROL ON THE ACCURACY OF PITCHING SHOT IN GOLF

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ABSTRACT

Objectives: The purposes of this research were to study effects of pre-shot routine and breathing control technique on the accuracy of pitching shot in golf and compare the effects of pre-shot routine breathing control technique on the accuracy of pitching shot in golf between before training and after training.

Methods: Subjects in this study were 6 male golfers from Thammasat University Golf club, experiencing at least three times per years in competition, age ranges from 18 to 19. The 6 golfers were randomly divided into two groups, the control group and the experimental group. Out of the two groups, the control group practiced golf normally while the experimental group took part in the pre-shot routine and breathing control technique programs for 4 weeks.

Procedure: Before and after 4 weeks of the training program, groups members were tested by hitting 5 pitching shots from 20 yards to see the accuracy and the pitching performance. The experimental group received pre-shot routine and breathing control technique programs twice a week for 4 weeks.

Statistics: The data were analyzed using the mean, percentage, frequency, t - test independent and t - test dependent. Test the significant level at 0.05.

Results: The results showed that the accuracy of pitching shot in experimental group between before and after 4 weeks of practice were significance ($p \leq 0.05$). The accuracy of pitching shot in control group and experimental group after 4 weeks was significance ($p \leq 0.05$).

Conclusion: Amateur golfers should be trained on the combined of pre-shot routine and breathing control technique in order to improve the accuracy of pitching shots in golf.

Keyword: pitch shot, pre-shot routine, accuracy, breathing control

ACPES 12

ASSESSMENT OF HEALTH AND SAFETY IN PUBLIC EARLY EDUCATION INSTITUTION

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ABSTRACT

The objective of this study is to describe the key Health and Safety standards met in Public Early Education Institution programs in schools in Iligan City namely: Iligan City East Central School, Northeast I-A Central Elementary School, North I Central Elementary School, Iligan City Central School, Doña Juana A. Lluch MCS and Tomas Cabili Elementary School. The Health and Safety Checklist was modified from the California Childcare Health Program's Health and Safety Checklist which includes 34 items and 6 subscales, Nine (9) items as stated in the DepEd Memorandum and thirty-nine (39) items as stated in the P.D. 856 (Implementing Rules and Regulations of Chapter VI- "School Sanitation and Health Services" of the Philippines) were also added in the checklist. The Health and Safety checklist was completed in 4 days by the researchers. There were four subscales in Health and Safety standards met by the Early Public Education Institutions namely Emergency Prevention/ Poison, Medication, Food Preparation/ Eating/ Sanitation and Outdoor/Indoor Equipments/Facilities. Hand Washing and Oral Health are the subscales need improvement.

Keywords: health, safety, public early institution, education

ACPES 13

TONNIS GAME: INTERESTING GAME TO IMPROVE PHYSICAL FITNESS

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ABSTRACT

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Badminton and tennis, a sports game that was popular in the community provides the basic idea to create and modify both types of games in the form of another game. TONNIS is a game that combined elements of badminton and tennis. Because, TONNIS played in the field about the size of badminton and the technique such as playing tennis, very appropriate to be developed. TONNIS required in the value aspect of the personal development of individual components, namely cognitive, psychomotor and affective. On the other hand TONNIS has practical value, economical or inexpensive and provides pleasure and satisfaction for all age levels of play. With the development of a sports game TONNIS expected to increase the diversity of sports that can eventually serve as a means of education and teaching to enhance the dignity of the nation.

Keywords: tonnis game, physical fitness

ACPES 14

EMOTIONAL INTELLIGENCE ON HEALTH BEHAVIOURS AMONG MALAYSIAN UNIVERSITY STUDENTS IN AMALAYSIAN PUBLIC UNIVERSITY: THE MEDIATION ROLE OF SELF EFFICACY

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ABSTRACT

University students typically enter a dynamic transitional period of new independence from their parents that is characterized by many factors. These factors which involve social, financial, and environment elements, can be a burden to the students putting them at risk in negative health behaviors. Negative health behaviors among university students are a course of concern since they have a tendency to be carried into adulthood which can possibly cause the emergence of chronic disease at a younger age. Self-efficacy is seen to increase with students' emotional intelligence, together with better health behavior. Therefore, the purpose of the study was to investigate the relationship between emotional intelligence and self-efficacy (mediator) on health behaviors among university students in University Putra Malaysia, Malaysia. A correlational study was conducted on 400 undergraduate university students who lived on campus and were chosen through stratified random sampling technique using closed ended questionnaires (Schutte's Self Report Emotional Intelligence, General Self Efficacy Scale and a modified version of Health Style Questionnaire). Structural equation modeling was used to explore association between these aspects. Emotional intelligence, self-efficacy and health behavior were significantly correlated and self-efficacy showed a partial mediation effect towards the relationship between emotional intelligence and promoting health behavior ($p=0.0001$). Thus, there was an association between emotional intelligence with health behavior, and emotional intelligence partially mediated this relationship. It is interpreted that emotional intelligence can boost positive health behavior and emotional intelligence associated with self-efficacy relevantly gives benefit to health behavior. Such data have important implications for both health practice and policy especially for higher education institutions.

Keywords: emotional intelligence, self-efficacy, health behavior, undergraduate students

ACPES 15

THE EFFECT OF GAMES TEACHING MODEL ON STUDENT'S MOTIVATION AND LEARNINT OUTCOME IN PHYSICAL EDUCATION AT SDN 01 PALAMBAYAN

Syamsuar Abbas¹ and Reflianto²

ABSTRACT

The aim of this study was to measure students' motivation and learning outcome about the execution of game teaching model applied by physical educator, the types of teaching strategy was taken in order to enforce the students' motivation and learning outcome. The ways of games teaching model was taken by the teacher refer to educational model of teaching games for understanding. The approach of this research was quantitative with survey method. The research instrument used questionnaire, interview and documentation. Analysis of the data is the measurement of frequency, percentage and regression test. The results showed that students' motivation and learning outcome who follow the games teaching model at SDN 01 Palambayan have significant improvement with each average score of 4.12 and 3.58 and total achievement of the respondents 74%. Giving innovative teaching to the students who follow the football training, teachers need particular technique in the form of attractive teaching model which gradually enable to improve students' motivation and learning outcome through physical training by using game and attractive activities. The effect of games teaching model on the students' motivation and learning outcome was measured by using likert scale. Both gave positive effect on students' interest to follow the sport science, the value of Fcount 59.18 with a significant level of 0.000 and tacount < 0.05. Contributions of innovative teaching to the advancement of the students' motivation and physical fitness were 86.7%.

Keywords: game teaching model, motivation, learning outcome, physical education

ACPES 16

REVIEWED ON FITNESS TRAINING PROGRAM, MOTOR SKILL COMPETENCE (HRF) LEVEL AMONG URBAN OBESE CHILDREN

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ABSTRACT

Background: Obesity children in context of metabolic complications are commonly associated with insufficient physical activities, excessive sedentary time and unhealthy eating behaviors among them. Primary prevention training programs were often based on interventions applied during schools promoting the positive effects on physical activities and healthy eating behavioral. Thus, fitness training program targeting the general population believed was effective for the prevention and excessiveness of body fat accumulation, especially sedentary lifestyle concerned. However, children with obesity are often required more structured training programs. So far, most studies have suggested that with increased of physical activities level combined with reduced resting time could improve body composition and health in general of overweight/obese children.

Purpose: This is mainly thorough reviewed through meta analyses, which necessary to find those exercises prescription in overcome problematic of obesity children adherence, specifically on resistance training in the design with circuit training.

Methods: Literature reviewing of past studies and thoroughly searched by electronic databases from the retrieved academic papers. Reviewed paper consisted scientific, empirical and clinical context of fitness training program, MSC and HRF.

Findings and Discussion: The concerned especially on body of knowledge as well as scientific findings on the latest trends of training could influence on obese children who are frequently and consequently have weak performances during an exercise involving strength and power. Obese children may or may not adhere more to resistance exercise programs, or favorable effects on their obese children's self-confidence, self-esteem and their MSC and HRF (Sothorn et al., 2000). **Conclusion:** The emerging evidences of the level of importance of body composition rather than weight, this paper emphasized all related studies that examine the main effectiveness of one's fitness training program towards motor skills competence, health-related fitness, compound on specifically obese children in line with the predisposing factors like age and gender, as far as literature reviewed form of study is concerned.

Keywords: fitness training program, motor skills competence, health related fitness, obesity, children.

ACPES 17

BODY IMAGE AND LIFESTYLE PRACTICES AMONG BSPE STUDENTS IN MSU-MARAWI

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ABSTRACT

This study focused on the body image and lifestyle practices, in terms of physical activity, eating habits, stress management, and avoiding destructive habits, of BSPE students at the College of Sports, Physical Education and Recreation in Mindanao State University–Marawi Campus enrolled during Summer Term A.Y. 2014 – 2015. Descriptive statistics was used in the form of frequency and percentage distribution while for the relationship between variables, Pearson r was employed. There were 54 male and female respondents involved in the study and total sampling procedure was employed. It was revealed that majority were female; majority were 20 - 22 years old; most were third year students; majority were non-Muslim; and majority had normal BMI. Furthermore, majority had average physical activity; majority had poor eating habits; majority had average stress management; majority had average avoidance of destructive habits; and for the over-all lifestyle practices, majority were rated average. Majority were rated as satisfied in terms of their body image. For the correlation of the variables, it was found out that only physical activity had a significant relationship with age; eating habits with ethnicity; avoiding destructive habits with sex, age, and ethnicity; and the over-all lifestyle practices with ethnicity. There was no significant relationship between body image and lifestyle practices.

Keywords: physical activity, eating habits, stress management, avoiding destructive habits, body image

ACPES 18

Implicit Beliefs on Mental Toughness: Examining the Mediating Role of Sports Emotion Among Athletes

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ABSTRACT

Athletes who are able to handle difficult and stressful situations with greater control over his or her mind will emerge as the victor. Most literature focus on implicit beliefs, mental toughness, and sports emotions as separate constructs predicting performance. This study contends that implicit beliefs greatly affects mental toughness through the various emotions experienced by athletes. This examines as to how the perception of ability—may it be incremental or entity, would elicit certain emotions—may it be positive or negative, and how these emotions would ultimately lead to the development of mental toughness among athletes. A sample of 1138 secondary school students who are actively involved in sports competition answered a battery of questionnaires assessing implicit beliefs, sports emotions, and mental toughness. Multiple mediation analyses showed that both incremental and entity beliefs significantly influence mental toughness through dejection and excitement. The result provides evidences that athletes having incremental belief on certain abilities would result to heightened levels of excitement and low levels of dejection, which, in turn, would result to the increase of mental toughness. Interestingly, the result also provides indication that athletes having entity beliefs on certain abilities would result to high levels of both excitement and dejection of which in turn, would result to increased mental toughness.

Keywords: implicit beliefs, dejection, excitement, mental toughness

ACPES 19

EFFECT OF L-CARNITINE SUPPLEMENTATION AND AEROBIC TRAINING ON VO₂ MAX IN SOCCER PLAYERS

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ABSTRACT

L-carnitine has been used as an aid to improve aerobic training (i.e., increase VO₂max and endurance performance), with positive findings reported in some studies concerning healthy athletes. Meanwhile in Thailand there has a limited information about the effect of L-carnitine on VO₂max in soccer players. Therefore, the aim of this study was to) 1(compared before-after effect of placebo and L-carnitine supplemented and aerobic training on VO₂max within the group) 2(investigated the difference before-after between 2 groups of L-carnitine and placebo supplemented and aerobic training on VO₂max in soccer players. Healthy and well-trained 20 voluntary male athletes (16-18 years old) played for a sport school of Khonkean province, Thailand. Participants were sampling random and after that matching method in two groups as the control (placebo, n=10) and experiment (L-carnitine, n=10) groups. This study was a pre-experimental one-group pretest-posttest study approved by the university ethics committee in accordance with the Maharakham, Thailand. On the day of the test, before intake placebo or L-carnitine of the athletes for astrand cycle test recorded and the VO₂max after the exercise. Athletes in the control and experiment group were treated with 2 grams of placebo and L-carnitine per day for 4 weeks. Then recording effect of placebo and L-carnitine after intake and aerobic training on VO₂max in athletes. Statistical analysis was performed using paired and independent T-test (P<0.05). The study finding is that L-carnitine supplementation does not effect on VO₂max in athletes, however L-carnitine tend to have a good performance on exercise in athletes. Thus, the future studies could perform an experiment with 3 and 4 doses of L-carnitine supplement and control the food in athlete.

Keywords: L-carnitine, placebo, VO₂max)oxygen consumption(, aerobic training, soccer player

ACPES 20

EFFECT OF EXERCISE METHOD AND WRIST FLEXIBILITY ON THE RESULT OF SHOOTING FREE THROW BASKETBALL PRACTICE

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ABSTRACT

Free-throwing is one of the most important techniques in basketball. But many young athletes who fail to do so especially during the game. This research aims to determine: 1) The difference in the effect of distributed practice and massed practice training methods on the result of shooting free throw. 2) Differences in the effect of high and low wrist strap on free throw shots. 3) The interaction between the training method and wrist flexibility of free-throw shots. Experimental research methods. The population of 25 students. Sampling using purposive rando sampling, as many as 16 students. Data analysis using two way Analysis of variance, level of significance $\alpha = 0,05$. Research the result: 1) Difference in effect between training methods of distributed practice and massed practice, F_{hit} 9.366 and significance 0,010 smaller than the significance of 0.05. 2) Differences in effect wrist flexibility high and low, and prices significantly F_{hit} 11,854 0,005 significantly smaller than 0,05. 3) Interaction exercise and wrist flexibility, F_{hit} 7,171 and 0,020 price significantly less than the price of 0,05. Conclusions: 1) There are difference of effect between the distributed practice methods and massed practice toward the result of the free throw shots. 2) There are difference effect, students with wrist flexibility high and low. 3) There is interaction training methods and wrist flexibility on shooting free throw.

Keywords: distributed practice, massed practice, free throw, shooting, basketball.

ACPES 21

PREPROCESSING FOR PREDICTIVE PHYSICAL ACTIVITY MODELING

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ABSTRACT

This experiment examined the preprocessing for physical activity modeling to access the relationship between sensors, the single triaxial accelerometer and single triaxial gyroscope, and fitness recognition (sitting, standing, walking, and running). We experimented in sixteen students (62.5% male and 37.5% female, age between eighteen through twenty-three year old) of the Informatics school at Walailak University. We had the experimental setup with data preprocessing in a different time interval, set the repeated k-fold Cross-Validation (number=10, repeats=3) for resampling method to evaluate model performance for baseline models, boosting ensemble model, and bagging ensemble model. When we measured model's performance, we found the follows results. First, The baseline models performance has accuracy level with CART: Classification and Regression Tree is 64.21%, LDA: Linear Discriminant Analysis is 68.12%, N.B.: Naive Bayes is 89.69%, SVM: Support Vector Machine is 95.03%, and KNN: k-Nearest Neighbor with k = 9 is 95.47%. Second, The Boosting ensemble models performance has accuracy level with GBM: Stochastic Gradient Boosting is 95%, and C50: C5.0 is 95.63%. Third, The Bagging ensemble models performance has accuracy level with BAG: Bagged CART is 94.90%, and RF: Random Forest is 95.69%. Fourth, The Stacking ensemble models performance has accuracy level with RPART: Recursive partitioning for classification is 64.21%, LDA is 68.12 %, NB is 89.69%, SVM is 94.47%, and KNN is 95.52%. So, we concluded that RF has the highest performance with accuracy level at 95.69%. In the future work, we planned to get more accuracy model by adding more features from another sensor, heart rate. Mining data collected from sensors provide valuable result in the physical activity recognition area. The improvement in performance is required especially in the healthcare field. The more increasing of using the wearable device, the wider opportunity in the data mining research area can be.

Keywords: preprocessing; physical activity model; machine learning algorithms, multiclass classification, accelerometer, gyroscope, android wear

ACPES 22

AWARENESS EDUCATION OF SPORT SUPPORTERS ON AGGRESSIVENESS PHENOMENA IN SPORTS

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ABSTRACT

This study showed overall awareness education that learnt and performed by all sport supporters no matter whatsoever, Gender, Age, HEI attended, Types of sport, Favorite sports or Ethnicity were high alert and aware level especially on the phenomena of aggressiveness in sports. Aggressive phenomena could happened at anytime and anywhere as far as sports concerned. Supporters in this study learned skills of managing on those incidences were in good form as sport education perspective was concerned where, sports sociology education was highly emphasizing on “outside” of one person which highly involve surrounding of the one to take part especially as sports supporters in this study. As conclusion, only the level of study among sport supporters played a significant factor to influent the differences awareness level toward aggressiveness phenomena among them and this findings managed to roundup several research questions: 1. How aware of sports supporters’ education on aggressiveness that they were taking part? 2. Do supporters learned overall managing skills on aggressiveness phenomena while their involvement. 3. Is there any significance differences awareness among gender? 4. Is there any significance differences awareness among sports supporters with their demographic variables. 5. Is there any predicted factors that could affected overall awareness on aggressiveness among these sports supporters.

Keywords: sport sociology education, phenomena, awareness education, sport supporters and aggressiveness.

ACPES 23

DEVELOPMENT OF MANIPULATIVE BASIC MOTION LEARNING MODEL FOR LEARNING DISABILITIES ELEMENTARY SCHOOL IN MEDAN CITY

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Manipulative Basic Motion Learning Model for Learning Disabilities Elementary
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ABSTRACT

Adaptive physical education is a vehicle that provides Children with Special Needs learning about various theoretical and practical theoretical material. Adaptive physical education also presents a variety of sports activities tailored to the characteristics of children with special needs, including blind, deaf, learning disabilities, orthopedically handicapped, and conduct disorder. Characteristics of children with special needs are based on formal education or special schools are classified into several categories. While other types, still have the opportunity to be able to formal education in regular schools.

Also with the phenomenon contained in the city of Medan, which have the number of learning disabilities more than any other type of School For Student with Special Needs category. Based on observation result, sport activity for children with special needs in, especially in category learning disabilities in Medan city is still less varied. Sports activities, especially basic motion that is less varied, will certainly result in the students (children with special needs) feel bored. If you feel boredom, the direction and purpose of learning more difficult to achieve. Therefore, to accommodate learning, especially in the realm of adaptive physical education, it is necessary to undertake various forms of development of existing sports activities specifically, especially at an early age. It is aimed at building sustained mastery of basic motion based on certain age stages, either in curative or in terms of achieving the best achievement in various special needs children's championship at district and provincial level.

The method used in this research is the type of research & development. Research & development (R & D) aims to create a product that is intended to overcome a problem in the field. The products that try offered by researchers in the form of manipulative basic motion game package intended for students of learning disabilities at elementary level (elementary school). The product will be packaged in the implementation guide as well as the VCD game implementation tutorial. This game package is considered capable of being a good introduction before students (Student with special need) leads to more complicated material. Where students will get the sensation of playing while learning to implement basic manipulative motion, before students arrive at the game of sports that is game. In Year I, researchers compiled a basic manipulative motion game for elementary school students, and in Year II, the researchers measured the level of influence of the manipulative base motion to the learning outcomes of the learning disabilities students of Medan.

Keywords: learning disabilities, development of basic manipulative motion,
student learning outcomes

ACPES 24

EFFORT TO INCREASE THROUGH LEARNING OUTCOMES LONG JUMP ORTODOKS STYLE WITH DEMONSTRATION METHOD OF CLASS VIII JUNIOR HIGH SCHOOL BAKTI FIELD PRIVATE CHARITY 2016 ACADEMIC YEAR

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ABSTRACT

This study aims to find out how to improve learning outcomes Long Jump Ortodock Style Through Demonstration Method on VIII students of Private Junior High School AmalBakti Medan academic year 2016. The time of the research was conducted in August 2016. The object of this research is the students of class VIII with the number of students 25 people consisting of 12 male students and 13 female students who will be given the action in the form of learning variation on the learning results of Long Jump.

Based on the results of student learning in the first cycle of the test results of learning I can be seen that the initial ability of students in doing the technique long jump is still low. Of the 25 students there are 15 people (60%) who have achieved mastery learning, while 10 people (40%) have not reached mastery learning. With the average value of student learning outcomes is 76.3. While in the second cycle can be seen that the ability of students in performing the test results of learning have been increasing klasikal. Of the 25 students there are 22 people (88%) who have achieved learning mastery, while 3 people (13%) have not reached mastery learning. With the average value of student learning outcomes is 80.7, so there is a 25% increase in learning outcomes from cycle I to cycle II.

Based on that it can be concluded that the learning through variation of Learning can improve the results of Long Jump Ortodock Style in VIII students of Private Junior High School AmalBakti Medan Academic Year 2016.

Keywords: learning outcomes long Jump, demonstration method

ACPES 25

RESEARCH ON NUTRITION ATHLETE OF PETANQUE NORTH SUMATERA

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ABSTRACT

Nutrition is one of the factors that influence the achievement of Petanque athletes of North Sumatra, so it is necessary to be considered and adjusted nutritional needs with physical activity during the training program.

This study aims to find out about the nutritional status of Petanque athletes in North Sumatra in 2017.

The research method used descriptive method. The number of trial people as many as 15 people obtained through total sample techniques. The study was conducted at Petanque Dormitory High School of Sport and Health BinaGuna Medan. Instrument used to see the athlete's nutritional status is by using Body Mass Index (BMI) measurement which measured height, weight, and age of each athlete. In addition, also carried out questionnaires to the athletes who contained about the diet, diet, resting patterns and family background. The result of questionnaire is useful as input of this research.

Furthermore, the measurement results are calculated using the formula BMI and then the calculation results are converted with BMI table to determine the nutritional status of athletes, whether in the state of lack, normal or obesity.

Based on the calculation results obtained that the nutritional status of athletes Petanque North Sumatra is in the normal category of 93% (14 people), while 7% (1 person) is in the category of obesity.

Keywords: nutritional status, petanque athletes of north sumatra

ACPES 26

PERFORMANCE LEVEL OF PHYSICAL EDUCATION TEACHERS IN STATE UNIVERSITIES AND COLLEGES OF REGION 10

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ABSTRACT

This paper was conducted to determine the level of performance of 29 physical education teachers from six (6) SUCs in Region 10. It also examined the degree of relationship between the variables and how they differed when they were grouped according to school using mean, standard deviation, simple percentage, chi-squared, Pearson r, t-test and ANOVA as statistical tools.

The study revealed that the P.E. teachers' performance level using the performance evaluation tool developed by the researcher and designed for physical education teachers was rated very high. Most of the teachers-respondents were female, younger, instructors by rank and new to work experience. Almost half of them graduated with the degree of Bachelor of Secondary Education major in Physical Education, however, only 7 had master's degree in physical education.

Based on the findings of the study, the level of performance of Physical Education teachers are very high. There is a significant relationship between profile and level of performance of physical education teachers. There is no significant difference on the level of performance when teachers were grouped according to school.

The result may serve as basis for the administration to conduct further observation and monitoring of teachers' levels of performance to ensure consistency of evaluation. Further researches may be conducted on the other variables related to performance of physical education teachers.

Keywords: performance, physical education teachers

ACPES 27

THE DEVELOPMENT OF FUTSAL LEARNING MODEL-BASED ASSURE DESIGN IN STUDENTS OF SPORT EDUCATION AND HEALTH SCIENCE, FACULTY OF TEACHER TRAINING AND EDUCATION, SEBELAS MARET UNIVERSITY

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ABSTRACT

The research background is the bad mastery of futsal basic technique skills and there is not ASSURE model on futsal learning in particular given to the students of Sport Education and Health Science, Faculty of Teacher Training and Education, Sebelas Maret University. The research purpose was developed a good ASSURE learning model, implemented the development product tryout, and carrying out product effectiveness tests to determine the effectiveness test results of ASSURE learning model to increase mastery of futsal basic technical skills in students of Sport Education and Health Science, Faculty of Teacher Training and Education, Sebelas Maret University.

The research method was used research and development methods. The first stage is the needs analysis used the free interview method to determine the problems that exist in Sport Education and Health Science, Faculty of Teacher Training and Education, Sebelas Maret University related to futsal sport, from the interviews known that the mastery of futsal basic technique skills on students are still bad and the absence of a learning program that specifically teaches futsal basic technique on students of Sport Education and Health Science, Faculty of Teacher Training and Education, Sebelas Maret University.

The second stage is the product manufacture, in this case the ASSURE learning model based on theoretical study, so it was formulated in the following composition: (1) the general theory of futsal, (2) the analysis of futsal physical needs, (3) the general theory of learning, (4) theory of basic techniques learning, (5) ASSURE learning program in futsal, (6) evaluation of futsal basic techniques skills mastery. Furthermore, researcher was conducted an evaluation of product development of ASSURE futsal learning model which has been drawn to the academics experts and futsal practitioners to obtain an average final score of 92.3%, indicated that the product design of development futsal ASSURE learning model that has been prepared can be tested on the next stage. The results of input and advice from the experts concluded that the product of ASSURE futsal learning model is already sufficiently clear and valid.

Then, implemented the product try out that have been prepared. A small group trial with a total of 6 subjects used questionnaire instrument with a total of 38 questions. Small group test result is 80.70%. Large group try out with 12 subjects with the

result of 80.92%. From the results of product try out, it can be interpreted that the next is feasible to test its effectiveness.

The third stage is product effectiveness testing by comparing two groups, one group was treated with the product development and the other group was treated conventionally used pre-test and post-test design. Different value for each group based on the tests is different value of first test of ball felling of experimental group is 54.098%, control group is 46.269%. Different value of second test of dribbling and ball control of experimental group is 31.858% and control group is 29.032%. Different value of third test of passing of experimental group is 98.324% and control group is 95%. The different value of fourth test of shooting of experimental group is 73.810% and control group is 68.724%. So as the final conclusion stated that the product was proved to be effective in increasing the mastery of futsal basic technique skills on students of Sport Education and Health Science, Faculty of Teacher Training and Education, Sebelas Maret University.

Keywords: futsal, ASSURE learning, research and development

ACPES 28

**A SYSTEMATIC REVIEW OF GAMIFICATION
IN PHYSICAL ACTIVITY CONTEXTS**

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ABSTRACT

Gamification is an approach of using game design elements: game mechanics and game dynamics into non-game contexts. It becomes a trend of coming evolutionary shift. Many researchers have attempted, with varying degrees of success, to utilize both game mechanics and game dynamics to increase people motivation, engagement, and achievement in physical activity level increases. This paper intends to summarize the current knowledge of gamification which is being argued as a world changing layer or just a useless buzzword. It provides a comparative review of a different school of thoughts on the effectiveness of applying game mechanics and game dynamics to a non-game context. The review covers both in the area of industry implementations and academic researchers with the target of seeking an empirical research basis on an effectively gamified solution.

Keywords: gamification, physical activity, application,
systematic literature review

ACPES 29

RESPONSES OF BLOOD PRESSURE, RESTING HEART RATE, AND BODY WEIGHT TO SHORT-TERM MIXED IMPACT AEROBIC DANCE IN YOUNG ADULT

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ABSTRACT

Background: Previous studies showed that long-term aerobic dance program for 12 weeks (36 sessions) has beneficial effects on blood pressure, (Cardoso Jr, C. G. Et al, 2010; Guidarini et al, 2013), also when it is combined with dietary plan, (Petrofsky, J. Et al, 2008). In another hand, its positive influences on body compositions are well documented, (Jaywant, P. J., 2013; Pantelic, S. Et al, 2013; Nawawi, U., 2014). However, there are only few studies about effects of short-term aerobic dance program particularly on systemic blood pressure, resting heart rate, and body weight. **Methods:** This experimental research, quasi-design, one-group pre-post test. The purpose of this study was to investigate the responses of blood pressure, resting heart rate, and body weight to short-term mixed impact aerobic dance in fourteen young adult (male-female, 18-21 y.o). Data such as systolic and diastolic blood pressure (mm Hg), resting heart rate (bpm), and body weight (Kg) were taken twice as pre-test data and post-test data, (2 days before-after the program was given). Program with intensity about 60% to 80% of maximum heart rate, duration 30-45 minutes, 3 times in week for 2 weeks was given as a treatment. **Results:** Data showed that systolic and diastolic blood pressure (mm Hg), resting heart rate (bpm) was decreased respectively as $P < .05$, but not for body weight (Kg) as $P > .05$. It was might be due to the duration of exercise intervention was not enough long. **Conclusion:** Blood pressure and resting heart rate have responded positively to short-term mixed impact aerobic dance, but its effect on body weight seems does not appear yet. Therefore, authors state that the great benefits of exercise are obtained by proper formula of exercise program.

Keywords: cardiovascular health, aerobic dance, short-term exercise program

ACPES 30

TRADITIONAL GAMES AS POTENTIAL MULTI-SPORTS EVENT IN SOUTHEAST ASIA

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ABSTRACT

Traditional games are closely related to society because it can form good social relations and create a sportsmanship, train physical abilities, sharpen intelligence as well as improving self-confidence. Many countries in Southeast Asia have a lot of similarities in it, both from equipment and regulations. By looking at many potentials and benefits of it, there will be many advantages can be taken if the traditional games are developed into sports and compete in a multi-sports event. Besides, traditional games meet several of the criteria set by the International Olympic Committee (IOC) as sports which can be conducted as multi-sports event, like the values of Olympism contained in it, the popularity possessed by traditional games in Southeast Asia, and it can be a new business developed. Some other advantages gained from the development of traditional games into a multi-sports event, including social and cultural, political and economic advantages, because with the emergence of this newly developed sports can indirectly raise the prestige of countries in Southeast Asia. However, traditional games still face problems, such as there is no organization which will be in charge to compile the regulations and people opinion regarding the development of it as sports and competes in multi-sports event. This research aims to show if traditional games have potential to develop as sports and compete in multi-sports event. Hopefully, there will be a movement to bring traditional games to the next level after this research is conducted.

Keywords: multi-sports event, traditional games, southeast asia

ACPES 31

THE STUDY OF MASCULINITY AND FEMINITY PERCEPTION TOWARD SWIMMING CLASS IN JUNIOR HIGH SCHOOL

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ABSTRACT

Perception is a process that is learned through interaction with the surrounding environment and arises from childhood through interaction with others so that one element of organizing in the perception is done by observation. Perceptions often cause some impact, as well as perceptions of masculinity and femininity toward swimming class in students at Junior High School. In swimming, the rules between men and women are not different, it makes swimming as one of the sports that is prone having differences in gender perceptions. Swimming is also a kind of sport that is learned as one of the materials in Physical Education, it has a lot of usefulness and benefits, whether viewed from pedagogical, psychological, physiological, and sociological. The aim of this paper is to find out whether there is a problem in swimming learning related to differences in perception of masculinity and femininity. This is a qualitative descriptive research using observation and interview to get information about a difference of perception and treatment of students during the swimming class in Junior High School.

Keywords: perception, masculinity, femininity, swimming, student.

ACPES 32

THE STUDY OF CHARACTER BUILDING THROUGH KARATE IN JUNIOR HIGH SCHOOL

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ABSTRACT

Character building is a system of inculcating the values of character to the school community which includes the components of knowledge, awareness or willingness, and actions to implement those values. It is not only done through formal education but can be through various extracurricular activities, one of them is Karate. Karate is a martial arts sport from Japan that has positive lessons to the athletes. In karate, there is a philosophy that can be used as a medium to build the character of students such as patience, politeness, achievement, self-control, and positive thinking. In Indonesia, karate also has a meaningful oath for life that is the ability to self-maintain personality, uphold honesty, improve achievement, maintain good manners, and self-control. Based on the philosophy contained in karate and karate oath, it can be used as a character building media, therefore, it needs an academic script that aims to show how biggest the potential of karate as a way to build the character. In this study, the authors will conduct interviews to students who follow extracurricular karate, trainers, physical education teachers and principals in junior high schools who have these activities in Central Java.

Keywords: character building, karate, student

ACPES 33

DEVELOPING AQUAROBIC EXERCISE FOR OBESITY

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ABSTRACT

In health Sciences, water has been known as a medium for health therapy as well as the treatment of various diseases. In the modern era water has better developed potential in terms of body treatments such as massage, sauna and so on. Water helps the health process by providing a natural massage or relaxation effect, therapeutic at 280-300 in the Hydrotherapy pool can help rehabilitate people with physical impairment. This phenomenon then affects the higher interest and awareness to do water sport or specifically is Aquarobic which is a form of aerobic dance which is done either with music or without music through water media. Aquarobic can be done either in open or closed swimming pools either on shallow pools or in deep pools, therefore the ability to swim in swimming is not an obstacle and a prerequisite to follow this exercise. Aquajogger is designed to help participants during the exercises, as well as allow for more varied movements. Aquarobic as a form of aerobic exercise with water media is very effective for training the heart and blood vessels, where the natural movements are relatively simple but the benefits and advantages are very much for health, in addition to sports that use water as a medium of exercise can cause effects that stimulate the muscles of the body to continue to move actively and dynamically can improve health and improve physical, mental, social and spiritual health.

Keywords: physical fitness, water fitness, healthy

ACPES 34

EVALUATION OF CHANGES IN KNOWLEDGE, ATTITUDE AND SKILLS AMONG PRIMARY SCHOOL TEACHERS AFTER PARTICIPATING IN AN OUTDOOR EDUCATION PROGRAM

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ABSTRACT

This purpose of this study was to determine the level of change in knowledge, attitude and skill after an outdoor education program in a group of primary school teachers who were enrolled as undergraduates. A total of 182 respondents (M=96, F=86) were asked to answer the Kirkpartrick Evaluation Model questionnaire (1994) prior to and after they had participated in a two-week outdoor education programme. Descriptive, paired t-tests and correlation analyses were used to analyze the research data. Descriptive analyses indicated that the participants' overall response towards the Outdoor Education program was high (M=4.00, SD=0.34), with pre- and post-test means for knowledge scoring 3.67 (SD=0.41) and 4.05 (SD=0.34) respectively, pre- and post-test means for attitude notching 3.66 (SD=0.27) and 4.06 (SD=0.28) respectively, while skill achieved means scores of 3.78 (SD=0.22) before the program followed by a mean of 4.03 (SD=0.28) after the program. These results were compared and exhibited significant differences in knowledge ($t = -9.94, p = 0.001$), attitude ($t = -12.9, p = 0.001$), and skills ($t = -9.12, p = 0.001$) before and after the Outdoor Education program. There were also significant relationships between knowledge ($r=0.20, p=0.001$), attitude ($r=0.21, p=0.001$), and skills ($r=0.20, p=0.001$) with the students' response towards the programme. The results seem to support that the arrangement and planning of the outdoor education program had fulfilled students' needs thus promoting learning and positive changes in knowledge, attitude and skills after the program. It can be concluded that increases in knowledge, attitude and skill are highly related with effective planning and development of the outdoor education program.

Keywords: evaluation, knowledge, attitude, outdoor education program

ACPES 35

AGE-EQUIVALENT DIFFERENCES IN VISUAL MOTOR INTEGRATION AMONG CHILDREN WITH LEARNING DISABILITIES

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ABSTRACT

A visual processing problem is a type of perceptual deficiency that hinders a child's disability to make sense of information that they perceive through their eyes and can impede the development of fine motor skills. This problem is more critical among children with learning disabilities in the lower primary school levels as failure to arrest or limit poor motor development can lead to more serious movement issues later. Therefore, there is a need to measure age-equivalence in visual-motor integration among children with learning disabilities aged 7 to 9 years in order to identify if their level of visual development and motor integration are aligned with their chronological age. This paper is a proposal to use the Visual Motor Integration (Beery VMI) development test on 30 children with learning disabilities from each age group to determine their visual ability to respond promptly and accurately to movements that required hand and eye coordination. Independent analysis of variance (ANOVA) will be used to establish differences in visual perceptions among the selected children from the three age groups. It is estimated that the results from this study would help identify the if children with learning disabilities from these age groups are able to respond at age-equivalent levels, and this in turn, can help researchers design suitable intervention programmes to overcome delays in the development of the fine motor of children with learning disabilities.

Keyword: Visual Motor Integration, Learning Disabilities

ACPES 36

EFFECT OF DIFFERENT REST INTERVALS BETWEEN SETS AND LOAD INTENSITIES ON HEART RATE VARIABILITY AND BLOOD PRESSURE AFTER A SINGLE STRENGTH TRAINING SESSION

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ABSTRACT

The purpose of this study was to compare the effects of three different rest intervals between sets and three different load intensities during strength training (ST) on heart rate variability (HRV) and blood pressure (BP) in physically active men. A total of 81 male participants (mean \pm SD: age = 20.1 \pm 2.3 yr; body mass = 71.1 \pm 8.2 kg; height = 170 \pm 4.1 cm) who were physically active for the previous 12 months were recruited. After having their five-repetition maximum (5RM) loads for the free weight bench press, bent-over row, squat and deadlift measured, the participants were randomly put into nine experimental groups. Each group performed the BP, BR, SQ and DL over five sets during a single experimental session with one of three rest intervals (one, two or three minutes) and one of three load intensities (5RM, 10RM or 15 RM). BP [Systolic (SBP) and diastolic DBP] and HRV [low (LF) and high frequency (HF) bands] were tracked 30 min before and 15 min after the ST session to obtain changes in the dependent variables. A two-way ANOVA indicated no significant interactions between load intensity and rest intervals for all independent variables except SBP after exercise [$F(4, 72) = 4.146, p = 0.0044$]. This suggests that intensity and/or rest interval affected SBP differently. There was a significant main effect in SBP for rest intervals, [$F(2, 72) = 5.59, p = 0.0055$] with the 1-min rest interval raising SBP significantly more than the 2-min and 3-min rest intervals but there were no differences between the 2-min and 3-min rest intervals. Similarly for load intensity, the 5RM load increased SBP significantly more than the 10RM and 15RM loads [$F(2, 72) = 10.427, p = 0.0001$]. However, there was no difference in SBP when 10RM or 15RM loads were utilised. Resistance training with high load intensities have immediate post exercise responses on systolic blood pressure and it can be moderated by longer rest intervals. Therefore short rest intervals between sets of exercise is not recommended when the goal is to reduce blood pressure after strength training sessions.

Keywords: effect, rest intervals, intensities, heart rate variability, blood pressure, strength

ACPES 37

DIFFERENCES IN GROSS MOTOR DEVELOPMENT BETWEEN ARTISTIC GYMNASTIC ATHLETES IN PRE-SCHOOL AND LOWER PRIMARY SCHOOL

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ABSTRACT

This study was conducted to differentiate the gross motor development quotient (GMDQ), age-equivalent levels of locomotor ability (AEL) and age-equivalent levels of manipulative skill ability (AEM) between artistic gymnastic athletes who are in preschool (n =30) and lower primary school (n =30). This was an exploratory survey that involved 60 athletes aged 5 to 9 years who trained at gymnastics training centres in the Klang Valley. The Ulrich Gross Motor Development Test Instrument (2000) was used to measure AEL and AEM in both groups of athletes. Participants' scores for QMDQ, AEL and AEM were analysed using independent t-tests. Results indicated a significant difference [$t(29) = 14.52, p = 0.01$] in terms of GMDQ. The mean value for gross motor development was better in preschool gymnasts (Mean= 54.70, SD= 3.28) compared to lower primary school athletes (Mean= 46, SD= 0.00). However, the comparisons for both AEL and AEM were not statistically significant [AEL: $t(43) = -13.24, p = 0.26$; AEM: $t(55) = 17.06, p = 0.39$]. Results suggest that gross motor skills should be started at preschool rather than in lower primary school as it helps gymnasts develop these skills earlier. Thus gymnastic centres that usually cater more to preschool athletes should introduce gross motor skills activities.

Keywords: differences, gross motor, artistic gymnastic, pre-school, lower primary school

ACPES 38

EFFECTTIVENESS OF THE MANAGEMENT OF CHILDREN WITH DISABILITIES PROGRAMME ON A SPECIAL NEEDS CHILD WITH SPLIT BRAIN

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ABSTRACT

The purpose of this study was to examine the effectiveness of the Management of Children with Disabilities intervention program for developing motor skills on a single special needs child with split brain. The subject was a 20-month old child with delayed development who was assessed using the Denver 11 screening test. This test measures the level or stage of development in children with special needs via qualitative observations. Based on the stage of development identified, the subject started at a specified level of the Management of Children with Disabilities intervention program. This programmed is described in six manuals and details how to improve gross motor skills of children at different stages of delayed development. The subject adhered to the programmed over three months with the trainer observing and recording changes in a report called the Individual Family Service Plan (IFSP). A post programmed Denver 11 test was conducted after the completion of the intervention programmed. Pre- and post-intervention observations were analyzed via bar charts and supported the effectiveness of the Management of Children with Disabilities intervention program for improving gross motor skill development in the subject. Therefore, parents with special needs children having delayed motor skill development should attempt to get their children involved with similar child-centered intervention programs in order to help them achieve age-equivalent movement achievement.

Keywords: effectiveness, management, disabilities, intervention program, split brain

ACPES 39

COMPARISON OF HANDGRIP STRENGTH IN MALE NOVICE CLIMBERS FROM THREE ARTIFICIAL WALL CLIMBING CATEGORIES

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ABSTRACT

Wall climbing is popular as a competitive and recreational sport activity and handgrip strength is an important factor affecting successful performance. There are three categories of artificial wall climbing; boulder, lead and speed, and the objective of this study was to compare handgrip strength in novice male climbers who participated specifically in one of the three during an indoor wall climbing competition. Participants were 123 novice male climbers from a university (41 boulder, 41 lead, 41 speed) whose average age was 22.5 ± 24 yr. Handgrip strength was measured statically using a dynamometer and data were compared for the three categories of climbers using a one-way analysis of variance. The findings showed significant differences in handgrip strength [$F(2,120) = 9.26, p = 0.0001$] among the groups and follow-up Tukey's analysis found significant differences between boulder and speed climbers ($p = .0001$) and boulder and lead ($p = 0.01$) but not between lead and speed climbers ($p = .433$). Findings from this study indicate that boulder climbers have the strongest grip strength and future studies should focus on identifying factors that give boulder climbers this advantage.

Keywords: recreational, sport activity, handgrip strength, artificial wall climbing

ACPES 40

WOMEN IN TOP LEADERSHIP POSITIONS: PERCEIVING THE UNDERREPRESENTATION IN THE SPORT ORGANIZATIONS

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ABSTRACT

The underrepresentation of women in sport leadership has long been studied in the field of sport management and scholars provided theoretically informed explanations. Empirical research disclosed that women have gained access and have been granted equity in the opportunity of leadership in sport. However, it is still an irrefutable fact that women still lag behind in terms of the allocated percentage of top leadership positions compared with their male counterparts. This study discusses the persistent underrepresentation of women in top leadership positions in sport organizations by exploring the perception of successful women leaders who are currently in the position. Furthermore, this study is a part of a larger phenomenological investigation from a purposive maximum variation sampling of seven participants which reveals three factors influencing women's underrepresentation in sport leadership positions. Such factors are associated with gender role and social discrepancies, denied access in organizations, and self-limiting behaviour that subsequently explain the theoretical perspectives of role congruity, homologous reproduction and pipeline theory, respectively.

Keyword : gender role, homologous reproduction, pipeline theory, role congruity, underrepresentation, women in sport leadership

ACPES 41

ASSOCIATION BETWEEN SELF-REPORTED PHYSICAL LITERACY AMONG PHYSICAL EDUCATORS IN SELANGOR AND THEIR STUDENT'S FITNESS LEVELS

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ABSTRACT

Physical Education (PE) has been suggested as an important strategy for the prevention of physical inactivity among youth. However, numerous literature suggested many PE teachers in Malaysia are unable to teach professionally due to insufficient physical competence, knowledge, confidence and lack of motivation suggesting a lack of physical literacy (PL). Literature also supports that PE teaching is significantly correlated with students' fitness levels. Therefore, this study aims to examine relationship between self-reported physical literacy levels among in-service PE teachers in secondary schools in Selangor and the relationship with their students' fitness levels. The respondents were 40 in-service PE teachers and their students in secondary schools within the Subang Jaya area, Selangor. Respondents were identified via a cluster sampling method. A self-reported questionnaire (Perceived Physical Literacy Instrument, PPLI) was used to determine PL of the respondents while data from their students of fitness scores (SEGAK) were selected for analysis as the dependent variable. Generally, the results indicated that all respondents reported above average levels of PL, with male teachers reporting higher PL levels ($M=4.72$; $SD=0.19$). Pearson's correlation was used to determine whether the physical literacy levels of PE teachers were related to their students' fitness levels. Results indicated there was a significant positive and strong association between PE teachers' self-reported PL and their students' fitness levels ($r = 0.680$, $p = 0.001$). The findings indicated that PE teachers' self-reported PL was important to promote physical fitness in students. Therefore, universities and higher education institutes training PE teachers need to improve physical literacy among pre-service teachers by emphasising during teacher training. Also, in-service teachers should also have professional development to enhance their self-efficacy for teaching PE.

Keywords: association, self-reported, physical literacy, physical educators in selangor, students' fitness levels

ACPES 42

AWARENESS EDUCATION OF SPORT SUPPORTERS ON AGGRESSIVENESS PHENOMENA IN SCHOOL

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ABSTRACT

Study showed awareness education that learnt and performed by sport supporters were no matter whatsoever factors: Gender, Age, Higher Educational Institutions (HEIs) attended, Types of sport, Favorite sports or Ethnicity were highly alert and aware especially on the phenomena of aggressiveness in sports. Supporters had learned skills of managing on those incidences were in good form as far as awareness education perspective was concerned where it involved sociological that emphasizing on “outside” of one person which involve surrounding of the person whom take part. As conclusion, the level of study among supporters played a vital factor to influent the awareness level among them toward aggressiveness phenomena in sports, this study managed to roundup several research questions with hypotheses investigated.

Keyword: sport sociology education, phenomena, awareness education, sport supporters and aggressiveness.

ACPES43

GUIDE FOOD SAFETY TO PREVENTION OF FOOD BORNE DISEASES IN ISLAMIC BOARDING SCHOOL

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ABSTRACT

According to the Health Research and Development Agency of the Ministry of Health, in 2015 there were several Outbreak of Food Poisoning in several regions in Indonesia. Food poisoning is triggered by a lack of hygiene in the preparation or storage of food. From preliminary study conducted, on 20 residents of Islamic Boarding School in Terboyo Wetan area, 14% have ever had diarrhea or abdominal pain in the last 3 months. Provision of food in this boarding school, held cooking system, cooked foods are eaten together and stored for eaten again in the morning and evening. So, if the processing and storage of food less hygienic, can increase the risk of food borne disease. Therefore, the need for socialization guide food safety to raise awareness of students in preventing food borne disease. Implementation of socialization Guide food safety was done with licensing and coordination with the boarding school, socialization with the boarding school residents, increasing knowledge of boarding school residents in danger of disease, how to prevent food borne diseases, socialization of food processing guides and hygiene. The data collection instrument is a questionnaire for measuring knowledge and attitudes in preventing food borne diseases. The sample is the occupant of the boarding school of Miftakhul Ulum Terboyo Wetan Semarang, which consists of boarding school board, teachers and students. The results of the intervention showed that knowledge and attitude in preventing food borne diseases increased significantly after given Socialization Guide Food Safety (p value = 0,00).

Keywords: food borne disease, food safety, student islamicboarding, knowledge

ACPES 44

WIDBALL AS A RECREATIONAL SPORT ALTERNATIVE

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ABSTRACT

Technological advances have an impact on our life, both positive and negative. We can feel the impact of technological advances, for example we feel helped in doing various activities. Another impact of technological advances is that we become less mobile, busy work or school, making people lack time to exercise. Problems often faced are lack of sport land, lack of access to sports facilities, because of funds, distance, or time. To solve the problem, the researcher made an alternative game called "WIDBALL". The advantages of this sport are can be played by 2 people (single) or 4 people (group), need small field and cheap game equipment. This game can be played anytime and anywhere (outdoor or indoor), can be played by different age groups and gender, and has a high practice value. This game is expected to provide positive values, so it can as a reference to athlete for develop themselves on sports scene or as the way to improve sportsmanship and physical fitness.

Keywords: widball, alternative game, recreation sport

ACPES 45

THE INFLUENCE OF MOBILE PHONE TECHNOLOGY ON PHYSICAL ACTIVITY: PERSPECTIVE OF URBAN YOUTH

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ABSTRACT

Technology and Physical Activity (PA) have been recognized as components of social support among youths all over the world. Technology covers wide use as it connects one people to another easily while physical activity gives more pleasure and benefits to those who do it. In a way, both technology and physical activity can be done easily based on its practicability. Physical activity is also described to be a part of extracurricular activities components in all secondary school students in Malaysia. However, technology (mobile phone) sometimes can be considered as one the reasons for students to have less involvement in physical activity. Therefore, this study was conducted to see a relation between the use of technology and physical activity among secondary school students in Petaling Perdana district. It mainly focused on how technology (mobile phone) can affect students' involvement in physical activity. This study was conducted to see a relation between the use of technology and physical activity among 300 secondary school students in Petaling Perdana district from age 13-17 years old. 50 respondents were randomly selected from six schools in the urban area. Descriptive statistic and correlation test were used to analyze the data by using SPSS version 21. A set of questionnaire consists of 54 questions were used in this study which includes Demographic Profile, Time Spent on the use of technology, Involvement in physical activity and Respondents' Opinions toward relation between both use of technology and physical activity involvement. The results showed that time spent on dealing with mobile phone among secondary school students did not give any negative effect on involvement of physical activity. Students generally participated high in both with 75.3 % of respondents use mobile phone daily and 91.7% of respondents involved in physical activity. Based on the results, almost all the respondents owned and use mobile phone on daily basis. This study also eventually found that most of the respondents deal with the mobile phone as well as they also participated in physical activity either in school or outside the school. Result also found that most of the respondents are actively involved in physical activity as they want to stay fit and healthy. Time spent in dealing with technology does not avoid students to participate in physical activity with other friends, parents, family members and others. As for recommendations, it is also vital to identify all the factors that cause students to be attracted to actively do both activities because both technology and physical activity seem to give benefits as long as it is being executed in an appropriate way with a good monitoring.

Keywords: technology, physical activity, youths, extracurricular activities, mobile phone

ACPES 46

A STUDY PROPOSAL: THE ENHANCEMENT EFFECT OF TONGKAT ALI CONSUMPTION ON STRENGTH TRAINING FOR IMPROVING FUNCTIONAL PERFORMANCE IN ELDERLY MALES

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ABSTRACT

The purpose of this study is to evaluate the effect of ingesting 400 mg of Tongkat Ali capsules on strength training for improving functional performance of physically active elderly males in Universiti Putra Malaysia (UPM). Five functional performance measures (stair climbing, chair rise, 6-minute walk, lift-and-reach) will be tested prior to and after a 12-week strength training programme which consists of one to three sets of six repetition maximum (6RM) leg and chest press three times a week. Fifty physically active elderly males from UPM between 55 to 65 years of age will be recruited for the study. This age range will be selected as male testosterone levels begin to drop to about 40% to 50% of their maximal levels during this phase. Participants will be pre-tested for 1RM leg and chest press and divided into two groups (n = 25 for each group) using the A-B-B-A procedure to ensure both groups will be different in strength at the beginning of the experiment. Following this, the two groups will be randomly assigned to either experimental group (two 200 mg capsules of Tongkat Ali every day for 12 weeks) or control group (two placebo capsules every day for 12 weeks). A one-way analysis of variance will be conducted to determine if there are significant changes pre- to post-test between groups. At the end of the study, it is expected that Tongkat Ali consumption will enhance the functional performance in physically active elderly males after strength training.

Keywords: enhancement, Tongkat Ali consumption, strength training, improving, functional, performance, elderly males

ACPES 47

STUDENTS' SAFFECTIONS TOWARD PHYSICAL EDUCATION

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ABSTRACT

The Indonesian national system put students as the object of learning and their voice are likely not counted. In fact, asking and listening to the students affections toward their learning interest are very essential to create an effective learning (Foley, 2015). This research is an explorative research design aims to investigate the students affection toward Physical education based on three criteria: Awareness, seriousness and activeness in Joining Physical Education. A purposive sampling method was used. It is pointing on 3 cities in central Java Provinces which representing 3 parts of Central Java, those are Semarang City (central), Tegal City (western) and Salatiga City (Eastern). 3404 students on 57 schools in Central Java, which equal to 10% of the students population, were investigated using a set of closed questionnaire. The result showed that for the indicator of students seriousness 73, 1 % is in good category, the students' awareness 57.9% is in good category and for the activeness 67, 0% is in good category. It suggested that the students affections are in good condition and it should be the consideration of teacher, lecturer and stakeholder to maintain or improve the condition for the effective learning of Physical Education.

Keywords: affections, physical education, awareness, seriousness, activeness

ACPES 48

INTEGRATING REFLECTIVE PRACTICE AND MENTAL SKILLS TRAINING TO REACH PEAK PERFORMANCE: A CASE STUDY

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ABSTRACT

Reflective practice (RP) is known to be a form of analysis, an evaluation process and an improvement tool to produce a change in practice (Knowles, Tyler, Gilbourne, & Eubank, 2006). Research have found that engaging in RP can benefit individuals in the context of sports such as enhance self-awareness of individuals, which can in turn contribute to more effective arousal control, higher level of confidence, and more effective goal-settings. Past studies have also highlighted the importance of mental skills training in helping athletes' reach peak performance. To our knowledge, no study has been conducted to test the effectiveness of integrating these two theoretical approaches with developmental high school athletes to enhance their performance. The purpose of this presentation is two-fold: a) to share the intervention protocol that integrates RP and mental skill training with a high school shooting team and the key findings, and b) to share how a school can establish a support system to support such initiative to enhance athletes' performance. Implications of the study will also be discussed.

Keywords: reflective practice, mental skill training

ACPES 49

THE CONSIDERATION OF SPORT SPONSORSHIP OF LARGE PRIVATE COMPANIES IN THAILAND

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ABSTRACT

Today's marketing communications are an important part of building brand awareness, image of organization, products and services but with the current competitive environment of the business, the marketer has to adapt to the development of marketing communication strategy. The sports sponsorship strategy becoming another new way activities is a marketing communication strategy, an increasingly popular option for private sector organizations in Thailand. This study was aimed to study opinion the perspective of the private sector in each industry on what decisions and factors to consider and how different it is to consider sponsorship in sports? This study was a qualitative study with in-depth interviews with decision-makers from private sector organizations which compose of 3 business sectors in each industry and 7 private sector organizations. The interview data were has been analysis by means of methodological triangulation by examining the source of the document and expert interviews assemble to summarize by descriptive. The results show that the nature of each business industry considers different types of support in the type of sport, the level of sport activity and the type of sports Property considering the difference depends on the customer audience, exposure reach, distribution channel, competitive advantage, level of resource, investment required organization sport, event characteristic, hospitality opportunities, community association, partner relationship, and personal relationship, which results in image consistency and value for a different sponsor.

Keywords: sponsorship, type of sport, level of sport activity, sport property, image

ACPES 50

DEVELOPMENT MODEL OF PHYSICAL HEALTH PROMOTION IN ELDERLY FOR HEALTH PROMOTION CENTER

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ABSTRACT

The purpose of this study aimed to develop the physical health promotion model and compare the physical health promotion program on physical fitness in elderly for health promotion center. One hundred elderly people from Tha Muang District, Kanchanaburi (age 60-80 yr) were participating in this study. They were divided into two groups, experimental group, and control group. The experimental group completed the health promotion program and supervised by the trainer for 12 weeks, 3 sessions per week, 60 minutes per session, at intensity 50-60% HRmax (RPE=3-5) and following the program by themselves for 12 weeks. The control groups had a daily activity. Subjects were tested for senior physical fitness test before, after 12 weeks and 24 weeks. Data were analyzed by using mean, S.D., and two-way ANOVA with a significant level of 0.05. Results indicated that the flexibility, agility and dynamic balance, and aerobic endurance were a significant difference between the experimental group and control group. The strength, flexibility, agility and dynamic balance, and aerobic endurance of experimental group were significant difference between per-test, after 12 weeks, and 24 weeks. These findings suggest that the development of Physical health promotion model of the elderly for the health promotion center with experts at least 12 weeks can help sustainably develop for the physical health of the elderly.

Keyword: health promotion, elderly

ACPES 51

TEACHERS' ATTITUDES TOWARDS THE IMPLEMENTATION OF PHYSICAL EDUCATION SUBJECT IN SCHOOLS

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ABSTRACT

Teachers' beliefs, practices and attitudes are important in delivering quality teaching. The effectiveness of lesson in school may depend on teachers' attitudes. In the teaching of PE, for instance, teachers' attitudes have significant effect on the quality of its implementation in school because PE is usually not considered as an important subject especially when it is not tested in major exams in Malaysia. So, the aim of this study is to investigate the relationship of teachers' attitudes toward the quality of implementation of physical education subject in schools. 250 physical education teachers around Selangor were randomly selected to respond to a set of questionnaire consisting of 67 items with four dimensions of teachers' attitudes (physiological-physical, mental-emotional, social and general) and four aspects of implementation of physical education subject (non-human factor, teaching ability, class distribution and administration). Descriptive analysis and Pearson Correlation were used to analyze the data. Results showed that overall physical education teachers' attitude is moderate (M=3.27), with the highest mean score of all four dimension of attitudes is physiological-physical (M=3.55), followed by mental-emotional (M=3.51), general (M=3.30), and social (M=2.72). The results also indicated that the highest mean score of four aspects of quality implementation of physical education is teaching ability (M=3.57), followed by administration (M=3.47), class distribution (M=3.32), and non-human factor (M=3.17). Finally, the study showed that there is a relationship between teachers' attitudes towards the quality of implementation of physical education in schools. This means, teachers who possess good attitude, will implement the high quality of physical and health education. Therefore, it is important that only qualified PE teachers from the area of specialization should be teaching the subject to ensure a high quality of implementation.

Keywords: attitude, physical education, implementation

ACPES 52

EFFECTS OF INTERVENTION TRAINING AND BEETROOT JUICE ON CARDIOVASCULAR ENDURANCE AMONG PRIMARY SCHOOL FOOTBALL PLAYERS

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ABSTRACT

This study aimed to investigate the effects of training interventions and beetroot juice on cardiovascular endurance among SJKT football players in Cameron Highlands district. The samples were 30 soccer players aged 10 to 12 years old. They were randomly assigned into treatment group (N=15) and control group (N=15). Both group will undergo a 12 week intervention training program. The treatment group consumed beetroot juice daily throughout the training programme. The cardiovascular endurance measured by Pacer test before and after the 12 weeks intervention programme. The inferential statistical analysis using pair sample t-test showed there were significant difference between pre and post test in cardiovascular endurance among both groups. This indicate that 12 weeks intervention programme enhance cardiovascular endurance. The individual sample t-test proved that there were significant difference in cardiovascular endurance between the training and control group. The mean score of treatment group higher than control group, where treatment group (M=32.08, SD=1.44), control group (M=28.71, SD=1.37). This indicate that the intervention programme and beetroot juice contributes towards cardiovascular endurance among football players. The teachers and trainers should take note that a systematic training programme with proper nutrient is important to enhance cardiovascular endurance.

Keywords: training, beetroot juice, cardiovascular endurance, nutrient, football players

ACPES 53

HEALTH HABITS AND LIFESTYLE OF GRADE 7 STUDENTS: EFFECTS ON THEIR ACADEMIC PERFORMANCE

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ABSTRACT

This paper aimed to determine the effects of age, sex, health habits and lifestyle of 205 grade 7 students to their academic performance. Correlation design method was used in this study. Results showed that there was a significant relationship of both the age and sex of the respondents with their academic performance. Furthermore, health habits; eating habits and hygiene had significant relationship with academic performance while physical activities did not. This implies that eating habits and hygiene affected academic performance. In terms of lifestyle; study habits had significant relationship with academic performance, however no significant relationship with sleeping habits and other related activities. This implies that the study habits of the learners affected their academic performance. Therefore, to boost learners' academic performance, it would be essential to give importance aspects such as study habits and lifestyles that could greatly affect the learners' academic performance.

Keywords: academic performance, health habits, lifestyle

ACPES 54

FACTORS AND INTERESTS OF MSU-IIT COLLEGE OF EDUCATION ESGP-PASCHOLARS IN CHOOSING EDUCATION AS THEIR PREFERRED COURSE

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ABSTRACT

This paper aimed to determine what factors and interest affect 3rd year ESGP-PA scholars' in choosing Education as their preferred course. Correlational design with non-random sampling method was utilized in the study. Results showed that 3rd year ESGP-PA scholars are certain that they can avoid failure grade by which they will be able to maintain their scholarship and by the need of more teachers in their hometown. Results showed that 3rd Year ESGP-PA scholar's decision had been moderately affected by their personal interest toward teaching profession. Their interest of choosing the career got the highest mean which means they took teaching profession according to their passion. There is significant relationship between the profile, factors, and interest; there's significant relationship existed between the religion, mother's occupation, parent's income and teacher. In addition, a significant relationship existed between the place they availed their scholarship and opportunity. However, no significant relationship was found between profile of the respondents and family. Moreover, no significant relationship existed between profile of the respondents and personal interest which means the respondent's choice was not based on their profile but on their personal interest.

Keywords: ESGP-PA students, factors, interest, ESGP-A

ACPES 55

PROBLEMS AND CHALLENGES ENCOUNTERED BY STUDENT TEACHERS DURING PRACTICE TEACHING: BASIS FOR POLICY FORMULATION

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ABSTRACT

This study aimed to identify the problems and challenges faced by the one hundred randomly selected student teachers and figure out if the attitudes of the student teachers affect their performance during practice teaching. A mixed method research design was used in this study. The result presented that the student teachers showed a very satisfactory performance during their practice teaching which corresponds to their attitude that they possess a positive outlook during their practice teaching. Findings showed that the problem and challenge encountered commonly by most of the student teachers was resorting to their allowances to buy the materials needed for their teaching. To address this problem, the student teachers asked an additional allowance from their parents or borrowed from their friends. Moreover, there was a significant relationship between the attitude of the student teachers and their performance during practice teaching. The result calls for a need to provide an allowance for student teachers like any other on-the-job-trainees does in order to solve this problem.

Keywords: attitude, performance, practice teaching

ACPES 56

EFFECT OF CIRCUITRY TRAINING PROGRAM INTERVENTION ON AGILITY IN SECONDARY ACHOOOL STUDENTS

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ABSTRACT

Objective: The propose of this research were to study the effect of circuit training program intervention on agility in students secondary school, Kasetsart university laboratory school Kamphaeng saen campus educational research and Development center.

Method: The sample 14 secondary school students aged 13-14 years were recruited. They were selected using purposive sampling who had low agility score. The instrument study were the circuit training program intervention for 6 weeks and agility test battery. Data were analyzed using percentage and paired t-tests.

Results: The study revealed that after 6 weeks, mean score of agility were significantly lower than mean score of pre-test at .05 level, however, mean of agility between male and female sample were no significant at .05 level.

Conclusion: The finding showed that acircuit training program intervention improved on agility in secondary school students.

Keywords: circuit training program, agility

ACPES 57

**FILIPINO INDIGENOUS AND ONLINE GAME:
AN ASSESSMENT TO PSYCHOSOCIAL ADJUSTMENT OF SHS
IN KALIPAY NATIONAL HIGH SCHOOL**

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ABSTRACT

This study is conducted to assess how Filipino Indigenous and online game affect the psychosocial adjustment of senior high school students of Kalipay National High School. The researcher made use of self-conducted questionnaires based on the studies of delos Reyes (2019), Bradley et.al (2012) Magna Kultura Foundation (2003), Gaudiosi (2012) and Thompson (2012). The questionnaire consist of 50 items where there are 10 items for each domain of psychosocial adjustment and further divide into 2 groups; Filipino indigenous and Online Games. The items were shuffled in order to get the most naturally occurring response from the respondents. The results showed that a student's socioeconomic status affects the way a student is able to socially connect with people and that students who play online games are prone to emotional difficulties and problems in their peer relationships.

Keywords: indigenous game, computer game, psychosocial, assessment, adjustment

ACPES 58

LEARNERS' PERSPECTIVE ON MULTICULTURAL EDUCATION COMPONENTS

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ABSTRACT

This study investigated the learners' perspective of multicultural education components. Variables were composed of the essential components of curriculum such as community resources, teachers' competencies, learning assessment strategies, language use and classroom practices and instructional technologies to enhance multicultural education. The informants of this study comprised 229 students chosen through purposive sampling with consideration of their diversity in demographic and cultural background. Qualitative approach was employed utilizing open-ended questionnaire and focus-group discussion as data collection instruments. It made use of content analysis as the tool for data analysis and interpretation. Curricular components such as community-based resources, teachers' competencies, learning assessments, language use, classroom practices and technologies are essential for the implementation of multicultural education. Exposure and utilization of community-based resources guided through collaborative management of the school and community leaders can widen the learners' understanding of their cultural environment. The effectiveness of the teaching and learning process would still depend on the teachers' competencies shown through cultural sensitivity and responsiveness. A variety of learning assessment techniques involving tests, individual activities and collaborative performances are needed to apply theories, exercise learners' skills and enable them to relate with people. Language preferred is English as a global means of communication but mother-tongue can still be utilized to highlight meaning. Classroom practices that are expository, interactive and encouraging cohesiveness are appropriate to strengthen cultural understanding. The university has been implementing multicultural education approach in its curricular offerings and co-curricular programs.

Keywords: components, curriculum, diversity, multicultural, education, perspective

ACPES 59

THE EXTERNAL ATTRIBUTION AND WAYS TO RELIEVE THE ANXIETY AMONG VOLLEYBALL ATHLETES

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ABSTRACT

The existing attribution in the sports championship commonly lead to athletes' internal and external anxiety. This study particularly deals with the external anxiety that is not under control by the athletes. Hence, this study aims at investigating the influentially external anxiety toward volley ball's athletes. 12 junior volley ball athletes who originally inhabited in Jakarta province participated as the respondents. Data collection used in-depth-interview. Data analysis qualitatively used a descriptive analysis by identifying and drawing the interview transcripts. The findings showed that three external attributions, namely: the improper facilities causing athletes are not in well-performance, the feeling of athletes' favoring chance influencing to their competitors' anxiety existence, and the conditional matches contributing to the referee and lineman's unfair decisions targeting to win the matches triggered athletes' anxiety. To overcome athletes' anxiety, the motivation engagement and athletes' personality approach might be provided by the squads and coach. This external attribution influences the volley ball athletes' anxiety are due to the facilities, the feeling of athletes' favoring chance, and the conditional matches.

Keywords: athletes' anxiety, external attribution, conditional matches, contributing factors, motivation engagement

ACPES 60

PHYSICAL ACTIVITY AND FITNESS: IT'S IMPACT ON ACADEMIC ACHIEVEMENT AND PERFORMANCE

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ABSTRACT

The potential for physical activity and fitness to improve cognitive function, learning and academic achievement in children has received attention by researchers and policy makers. This paper reports a systematic approach to identification, analysis and review of published studies up to early 2009. A three-step search method was adopted to identify studies that used measures of physical activity or fitness to assess either degree of association with or effect on a) academic achievement and b) performance. A total of 18 studies including one randomized control trial, six quasi-experimental and 11 correlational studies were included for data extraction. No studies meeting criteria that examined the links between physical activity and cognitive function were found. Weak positive associations were found between both physical activity and fitness and academic achievement and fitness and elements of cognitive function, but this was not supported by intervention studies. There is insufficient evidence to conclude that additional physical education time increases academic achievement; however there is no evidence that it is detrimental. The quality and depth of the evidence base is limited. Further research with rigour beyond correlational studies is essential.

Keywords: physical activity, physical fitness, children, young people, academic achievement, performance

ACPES 62

ASSOCIATION BETWEEN BREAKFAST HABITS TIME MANAGEMENT LEVEL AND PHYSICAL ACTIVITY LEVEL AMONG SPORTS SCIENCE STUDENTS

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ABSTRACT

Breakfast is considered as the most important meal of the day. However, there are still evidence of individuals who skip breakfast. The purpose of this study was to determine the association between breakfast habits, physical activity level and time management level among sports science students. A total of 50 students participated in this study. The study shows no correlation between breakfast habits and time management level among respondents. However, there were a significant relationship between breakfast habits and physical activity level ($r = 0.251$, $p = 0.039$); and between time management level and physical activity level ($r = -0.311$, $p = 0.014$). In conclusion, breakfast could prove important factor in increasing physical activity level. Extra work that examines the association between physical activity and breakfast utilization and between physical activity and other dietary practices could be significant for illuminating physical action advancement intervention. Time management level still proved to be an important factor in influencing physical activity level, however further investigation was needed in relation to breakfast habits.

Keywords: breakfast, physical activity, time management, university students.

ACPES 63

MENTORING MODEL WITH BREASTFEEDING MOTIVATOR TO INCREASE EXCLUSIVE BREASTFEEDING DURATION AND COVERAGE IN KENDAL, INDONESIA

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ABSTRACT

Exclusive breastfeeding coverage in Kendal District was still below the minimum service standard, although there was a significant increase from 22.9% (2015) to 47.8% (2016). Ngabean Village is one of the villages in urban area of Kendal which needs health intervention, such as exclusive breastfeeding. Breastfeeding motivator is a community-based group that provides assistance to mothers to be able to breastfeed their babies. The aim of this study was to determine the effectiveness of mentoring model with breastfeeding motivator to the exclusive breastfeeding duration and coverage. This study was quasi-experiment, with a pretest-posttest control group design. The intervention in this study was mentoring model with breastfeeding motivator. Measurements were made before the intervention and day 1 to 30 after intervention. The study was conducted in 2 villages, Ngabean Village as experiment group (30 breastfeeding mothers with intervention) and Kliris Village as control (30 breastfeeding mothers without intervention). The collected data were analyzed by survival analysis using cox proportional-hazard model. The median postintervention duration in the experiment group was 25 days, while in the control group was 12.5 days. The coverage of exclusive breastfeeding at 5, 10, 15, 20, 25, and 30 days in the experiment and control group were 100% and 100%, 100% and 90%, 90% and 40%, 80% and 20%, 62.5% and 12.5%, as well as 15% and 5% respectively. Per unit time, mothers in the control group were 2.38 times more likely to stop exclusive breastfeeding than mothers in the experiment group after controlling education and age variables.

Keywords: mentoring model, breastfeeding, motivator, duration, coverage

ACPES 64

THE EFFECT OF YOGA EXERCISE TOWARD THE LEVEL OF PAINFUL MENSTRUAL PERIODS (DYSMENORRHEA) IN TEENAGER

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ABSTRACT

Background: Menstruation is physiological process which occurred in mature women. However, many female teenagers are experienced menstruation problem which called dysmenorrhea (painful menstrual periods). In sport women, using an oral contraceptive drugs is common to manipulate the timing of their periods in purpose to control the symptoms of dysmenorrhea. **Purpose:** This study was aim to investigate the effect of yoga exercise to decreased the level of painful menstrual periods (dysmenorrhea) in teenager. **Methods:** This experimental research, quasi-design, one-group pre-post test design. Eighteen volunteers of female students, joined the yoga exercise program (a relaxing technique that consists of several techniques including breathing, meditation, strengthening postural position, balance), 1X on the days of menstruation, 45 minutes (15 minutes for warming up, and 30 minutes for the main exercise). The level of dysmenorrhea was measured by Visual Analogue Scale (VAS) at 10 minutes pre exercise and post yoga exercise program was given. **Results:** Data showed that pre-test of dysmenorrhea level was 6.00 which categorized in moderate pain and post-test data was 3.16 which categorized in mild pain. The dysmenorrhea level was decreased significantly by 2.83 or 47.22 % and as $P > .05$. **Conclusion:** The yoga exercise is able to decrease the level of painful menstrual periods (dysmenorrhea) in teenager. It can be used as the reference exercise especially for women who are suffered in dysmenorrhea.

Keywords: dysmenorrhea, yoga exercise, sport therapy

ACPES 65

PURPOSES AND PROBLEMS OF PARTICIPATION IN LEISURE ACTIVITIES ON THE DORMITORY STUDENTS IN SOI PHAHOLYOTHIN 45

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ABSTRACT

The objectives of this research were to understand the purposes and to study difficulties of Kasetsart university students who participated in leisure activities. Purposive sampling technique was applied to 350 undergraduate and graduate students who resided in 4 selective Kasetsart university dormitories in Soi Phaholyothin 45. The dorms where the survey took place were Putthachad, Feungfah, Supanniga and Saengchan. Questionnaires of purposes and problems in participation in leisure activities were collected by using self-collected method. Data was analyzed using descriptive statistics of Frequency, Percentage, Mean (\bar{x}), Standard Deviation (σ), t-test and One-way ANOVA and then presented in a table format.

The study revealed the following results:

- 1) The overall purposes of participation in leisure activities showed a high mean ($\bar{x} = 3.04$), and the overall difficulties in participating in leisure activities showed an average mean ($\bar{x} = 1.98$).
- 2) When compared the differences between participants' purpose in joining leisure activities to the average of t-test result based on gender, the significantly different was at .05 level.
- 3) The differences between participants' difficulty in joining leisure activities to the average of t-test result based on faculties was significantly different at .05 level.

Keywords: purposes, difficulties, leisure activities, dormitories in Soi Phaholyothin 45

ACPES 66

MULTILEVEL PROMOTION TO INCREASE EXCLUSIVE BREASTFEEDING DURATION AND COVERAGE: SURVIVAL ANALYSIS IN KENDAL, INDONESIA

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ABSTRACT

Exclusive breastfeeding coverage in Singorojo Subdistrict, Kendal was 30%. Multilevel promotion (MLP) is a comprehensive intervention by modifying determinants of exclusive breastfeeding, cross-sectoral cooperation, and involving community leaders, such as health volunteers, midwives, religious leaders, and village heads. The aim of this study was to determine the effectiveness of MLP toward the exclusive breastfeeding duration and coverage in Singorojo Subdistrict, Kendal. This study was quasi-experiment, with a pretest-posttest control group design. The intervention was MLP of exclusive breastfeeding. Assessments were made before and after intervention at 2, 4, 6, and 8 weeks. Intervention group was defined as pregnant women who received MLP (residing in the area of Singorojo II Public Health Center). Control group was defined as pregnant women who did not receive MLP (residing in the area of Singorojo I Public Health Center). Data were analyzed with survival analysis using cox proportional-hazard model. Duration of exclusive breastfeeding increased after MLP intervention. Median post-intervention duration in the intervention group was 10 weeks, whereas in the control group was 8 weeks. The coverage of exclusive breastfeeding at 2, 4, 6, 8, 10, and 12 weeks in the intervention and control were 100% and 100%, 100% and 90%, 100% and 60%, 80% and 42%, 39% and 10%, as well as 10% and 0% respectively. Mothers in the control group were 2.9 times more likely to discontinue exclusive breastfeeding per unit of time than mothers in the intervention group after controlling educational variables and working status (adjusted HR: 2.9; 95% CI: 1.69-4.76).

Keywords: multilevel promotion, duration, coverage, survival analysis

ACPES 67

DEJECTION AND EXCITEMENT MEDIATES THE RELATIONSHIP BETWEEN SELF-REGULATION AND MENTAL TOUGHNESS IN SPORTS

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ABSTRACT

Self-regulation has been known to affect important areas in athletes' lives. However, only few studies have shown how self-regulation affects athletes' resilience and ability to cope with difficult situations (i.e., mental toughness). And so far, to the authors' knowledge, none have explored the mediating role of emotions among athletes. The current study examines whether sports emotion mediated the relationship between self-regulation and mental toughness in a sample of Junior and Senior high school athletes (N=1138). The results showed dejection and excitement mediated the relationship between self-regulation and mental toughness (i.e. confidence, constancy and control). The results suggest that higher self-regulation, particularly emotional, thought, and physical reaction regulation are likely to increase mental toughness due to heightened enjoyment and decreasing dejection. The results have important implications in strengthening self-regulation and mental toughness through enhancing enjoyment and reducing feelings of dejection among athletes.

Keywords: perceived control, sports emotions, sports mental toughness.

ACPES 68

IMPLICIT BELIEFS ON SPORTS ENGAGEMENT: EXAMINING THE MEDIATION ROLE OF SPORTS EMOTION AMONG ATHLETES

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ABSTRACT

The role of implicit beliefs on sports engagement has been well studied. However, the mediating mechanism between implicit beliefs and sports engagement needs further investigation. This study seeks to examine the mediating role of sports emotions in the relationship between implicit beliefs and sports engagement (i.e. vigor, dedication, and absorption). A sample of 1138 athletes answered implicit theory of ability questionnaire, sports engagement scale, and sports emotions questionnaire. The results showed that the athletes with higher entity implicit beliefs are likely to have lower sports engagement due to feelings of dejection. Additionally, athletes with higher incremental beliefs are likely to increase sports engagement due to increasing enjoyment and lower feelings of dejection. The results showed the importance of how implicit beliefs affect athletes' sports engagement through the differential effects emotions.

Keywords: sports engagement, sports emotion, implicit belief, entity, incremental, athletes

ACPES 69

EFFORTS TO IMPROVE BASIC MANIPULATIVE MOTION ABILITIES THROUGH TRADITIONAL PECAH PIRING GAME ON FOURTH GRADE STUDENTS OF SDIT AL-FAKHRISUNGGAL DELI SERDANG REGENCY FOR THE ACADEMIC YEAR 2016/2017

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ABSTRACT

The purpose of this research is to know how effort to improve basic motion manipulative ability through traditional game broken plate in fourth grade students of SD IT Sunggal of Deli Serdang Regency of academic year 2016/2017. The location of this research was conducted at SD IT Al-Fakhri Sunggal of Deli Serdang Regency for the academic year 2016/2017, the research was conducted in August 2015 for 2 weeks. Sample in this research is fourth grade student of SDIT Sunggal of Deli Serdang Regency of academic year 2016/2017 with number of 36 student. Methods in this study using the approach PTK (Classroom Action Research).

The results showed that the learning through the modification of learning means can improve the learning results of throwing the ball in an effort to improve the learning outcomes of manipulative basic motion of fourth grade students of SD IT Al-Fakhri Sunggal Deli Serdang District Academic Year 2016/2017. The percentage of result completeness and average of students' learning outcomes in the first cycle test and on the second cycle increased from the initial test, the percentage of the students' learning result completeness in the initial test was 25.0%, the first cycle test was 44.44% and on the second cycle Reached 86.11%. The average score of the students on the initial test was 60.42 (Unfinished), in the first cycle test the average student score increased to 68.75 (Unfinished), and on the implementation of the second cycle test the average score of students had reached 78, 01 (complete). From the above analysis can be concluded through the traditional game broken plate can improve the result of basic manipulative motion learning is the motion of throwing the ball at the fourth grade students of SD IT Al-Fakhri Sunggal Deli Serdang Regency Year 2016/2017

Keywords: traditional games split plate, manipulative basic motion

ACPES 70

EVALUATION OF THE KASETSART UNIVERSITY CURRICULUM IN THE MASTER OF ARTS IN PHYSICAL EDUCATION (DEVELOPMENT CURRICULUM) B.E.2554

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ABSTRACT

The objective of this research was to evaluate the Kasetsart University Curriculum in the Master of Arts in Physical Education) Development curriculum (B.E.2554). The entire study populations were 34 persons and the sample group were 27 Supervisors and 27 Graduate Students of the Graduate School, Kasetsart University of the Year 2017. Using two research tools to collect data for the assessment, the first tool was two sets of questionnaires for Supervisors and Graduate Students developed from the questionnaire of Master's Degree Committee of Physical education, Kasetsart University, revised in 2011 improved the language in line with the assessment issue. The second tool was The Thai Qualifications Framework for Higher Education (TQF: HEd) during the academic year 2014-2012. Data were analyzed using descriptive statistics of frequency, percentage and mean (\bar{x}).

The result of the study revealed that:

1. The average opinion of the Graduate Students, regarding Evaluation and Recommendation of the curriculum based on Factors, from highest to lowest mean are consisting of 1) Content of Curriculum ($\bar{x}=4.36$) 2) Curriculum Structure ($\bar{x}=4.19$) 3) Curriculum Objectives ($\bar{x}=4.11$) 4) Educational Materials, Documentation and Educational Service Center ($\bar{x}=3.96$). Basing on Process, from highest to lowest mean are consisting of 1) Educational Evaluation ($\bar{x}=4.57$) and 2) Teaching Process ($\bar{x}=4.45$).
2. There was a high mean ($\bar{x}=4.21$ and $\bar{x}=3.91$) for the overall shared opinion between the Graduate Students and Supervisors, regarding the Productivity of the Curriculum. Amongst all opinions, the two highest means are consisting of 1) The "Master of Arts in Physical Education" degree focuses on producing the graduates to meet the academy's needs ($\bar{x}=4.70$ and $\bar{x}=4.15$) and 2) The curriculum includes both academic subjects and thesis ($\bar{x}=4.59$ and $\bar{x}=4.11$).
3. There was a high mean ($\bar{x}=4.30$) for the overall opinion of the Supervisors, regarding the known attributes, academic ability, morality, ethics and personality. Amongst all opinions, the two highest means are consisting of 1) Good human relation and ability to work with others ($\bar{x}=4.78$) 2) Sport leadership personality ($\bar{x}=4.70$) and 3) Sports event management Ability ($\bar{x}=4.52$).
4. Results of the evaluation of the quality of the curriculum within the curriculum for 3 consecutive years (Academic Year 2011-2014) showed that the curriculum had an exceptional performance.

Keyword: evaluation, curriculum, physical education

ACPES 71

EFFORTS TO IMPROVE THE LEARNING OUTCOMES OF VOLLEY BALL PASSING THROUGH THE METHOD OF DEMONSTRATION AND TOOL MODIFICATION OF GRADE VIII STUDENTS OF NATIONAL SCHOOL NUMBER 2 JUNIOR HIGH SCHOOL PERBAUNGAN 2015/2016

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ABSTRACT

This study aims to determine the improvement of learning outcomes, passing on the volley ball in the students of class VIII National School Number 2 Junior High School Perbaungan 2015/2016 through methods Demonstration and Modification Tools.

This research is a classroom action research . The study was conducted in two cycles, with each cycle consisting of planning, action execution, observation, and reflection. Sources of data in this study is the results of student tests in the form of passing applications on volleyball. Technique of collecting data with assessment of learning result passing on volleyball. Data analysis technique used in this research is descriptive based on qualitative analysis with percentage.

Based on the result of the research, it can be concluded that: (1) Through the method of demonstration and tool modification, it is very good to improve the learning result of passing on volley ball in the students of grade VIII National School Number 2 Junior High School Perbaungan 2015/2016. From the analysis obtained a significant increase from cycle I and cycle II. It is known from the initial test that only 8 students are complete (26.67%) and 22 students are not complete (73.33%) with an average value of 53.33, cycle I there are 16 students who complete (53.33%) And unfinished 14 students (46.67%) with an average score of 62.49 and cycle II there were 28 complete students (93.33%) and unfinished 2 students (6.67%) with an average score 77,21.

Keywords: demonstration method, passing on volleyball, classroom action research

ACPES 72

EFFORTS TO IMPROVE LEARNINT BASKETBALL DRIBBLING THROUGH APPLICATION OF LEARNING VARIATION IN STUDENTS OF CLASS XI NATIONAL SENIOR HIGH SCHOOL SATRIA DHARMA PERBAUNGAN 2016/2017

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ABSTRACT

This study aims to Improve the results of learning dribbling through the application of variation of learning in students of class ScienceXINational Senior High School Satria Dharma Perbaungan 2016/2017.

This research method is Classroom Action Research Method.

From the analysis of data that has been done can be concluded that through the use of variations of learning, students can improve learning outcomes on basketball dribbling material.

From the results of research conducted, it appears that in the first cycle of 64.71%, then increased in cycle II to 86.27%. The result of learning basketball student as a whole still reaches 64.22%. Then on the second cycle based on the results of reflection turned out to bring the increase to 76.37%.

Keywords: dribbling basketball, variation of learning, classroom action research

ACPES 73

HOW TO IMPROVE COMMUNICATION SKILL THE STUDY OF COMMUNICATION BETWEEN COACH AND DEAF CHILDREN IN SWIMMING

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ABSTRACT

Swimming activity is the one of the water sports activities that has benefits for the body. The benefits of swimming can increase the resistance of the body to various diseases, easy to joints, build muscular fitness, and also, studies have shown that swimming can actually improve the overall condition. From the perceived benefits, the introduction of how to train a variety of styles in swimming also requires the potential and also volition in every person, whether people who have a normal body condition and also who have special needs. The introduction of knowing how to swim with better instruction begins in childhood, where at that time how children can capture information can be processed properly and can be taken seriously with the emphasis of any information provided. For children who have a normal body, the introduction of the movement on how to swim can be done well. But for children with special needs certainly as like deaf children having to learn the introduction of any movement is very difficult to do, it must be done in a special way too. The coaches must also have an effective way to establish good communication and can be understood by deaf children who have more neglected, more pendently and show less self-confidence. The solution for the coaches should to introducing a small group and teach profoundly deaf children swim, using the auditory sandwich methods, and also the coach had good levels of signing skills to teach them to the best of qualified swimming instructor.

Keywords: swimming, deaf children, communication

ACPES 74

PERCEPTION OF BASKETBALL PLAYER IN INDONESIA

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ABSTRACT

Basketball is a team game consisting of 2 teams with 5 players per team, when the ball can be given only by passing by hand or by dividing it (batting, push, or tapping) multiple times in a room without touching it with two hands simultaneously. This sport is in great demand by various circles around the world. One of them is Indonesia, where Indonesian people also love to exercise basketball. But basketball is often played with a variety of requirements that one of them is having a high enough in doing these activities, every technique performed can be played well. In Indonesia there is a lot people who have measurement in 165cm, which doing these activities, for example, playing basketball that has the perception that people above average height more distribute their potential in basketball, for example on shooting techniques, lay up and dunk.

But this does not make people who have a height below the average can not to play basketball. That should be understood at every game in the sport that speed, quicker with reflexes and fleeter foot than taller players. And also smaller guys, work harder, burn more energy, have the stamina to run throughout the entire game, have great lungs like what a swimmer. In this research, taken a quantitative method by collecting children who are in one high school by distinguishing between children who have posture above 160 cm and under 160 cm, measured in by speed in running and dribble skills.

Keywords: basketball, height, perception

ACPES 75

SELF-EMOTION CONTROL THROUGH ARCHERY

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ABSTRACT

Victimization is a crime that we do not infrequently hear. Victimization form varies. In Indonesian not a few fraud victimization can be found. People with lack of self-control may become a fraud victim. Before doing something, people have to think and check whether what they was right or not. People with lack of self-control are also have the potential to become criminal. Victim that being raped by violator are happening because the lack of self-control that cause excessive sex impulse to the violator. In order to prevent victimization happened, the author hypothesize that archery can teach kids mastering self-control which male kids may be more attracted to learn archery than female, and also archery can develop about the patience. Because in target archery, archer needs to focus and stabilize their body movements while aiming to be able shot perfectly right in the bull's-eye. Stable and consistent shots are very critical to get in target archery The research will observe 15 kids in Perpani Kudus for a 5 months and also direct interviews with sample parent.

Keywords:self-control, victimization, archery

ACPES 76

**THE POTENTIAL OF PENCAKSILAT AS PERFORMANCE ART
IN INDONESIA**

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ABSTRACT

Indonesia is a country rich in culture and art. Differences are assets that make Indonesia rich. The diversity of each region is characteristic that must be maintained and preserved. Martial is a form of self-defense related to strength, endurance, and series of motion. There are elements of art, education, sports, and culture in it. There are many forms of martial arts and the commercial performances in the world. Pencak Silat is the indigenous Indonesian martial art that is rich in it.

Martial arts have many potentials that can be developed and beneficial. One of them as a national show, even at the international level. Pencak Silat have an artistic and cultural elements that symbolize the Indonesian culture. Not only as a self-defense, and sports, Pencak Silat can be made an interesting and entertaining art performances. There are several categories of art and type of appearance. Traditional art and modern art. Both have different charms. Pencak Silat is a traditional art and a culture that can be collaborated with modern style. A study of the public view of Pencak Silat as an art show. And a reinforcing reason for Pencak Silat can be used as an artistic perspective. If the potential of Pencak Silat as an interesting show is achieved, this is very useful. Both in terms of cultural preservation and the economy of the country.

Keywords: pencak silat, potential, performance art

ACPES 77

**VALIDATING THE ACHIEVEMENT GOALS QUESTIONNAIRE FOR
SPORTS IN ADOLESCENT ATHLETES**

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ABSTRACT

The present study examined the validity of the Achievement Goals Questionnaire (AGQ) for Sport in a sample of 1138 high school athletes, ranging from 13-18 years of age. To the authors' knowledge, few have studied the validity of the AGQ using an adolescent sample. We examined three competing models of the AGQ using confirmatory factor analysis (CFA): (1) a model with one factor representing achievement goals; (2) a two-factor model; and (3) a six-factor. Results of the CFA suggest that the six-factor model consisting of task approach goals, self-approach goals, other approach goals, task avoidance goals, and other-avoidance goals provided the best fit to the data. We also found that achievement goals were positively correlated with sports emotions (i.e., excitement, happiness) and mental toughness (i.e., confidence, control).

Keywords: achievement goals, sport, adolescents, confirmatory factor analysis

ACPES 78

A STUDY OF NEED OF EXERCISE AND STAGE OF CHANGE FOR EXERCISE BEHAVIOR OF STUDENT FROM KASETSART UNIVERSITY KAMPHAENG-SEAN COMPUS

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ABSTRACT

The purpose of this research was to study need of exercise and stage of change for exercise behaviors of Student from Kasetsart University. Kamphaeng-saen campus. Samples were 639 undergraduate students, including 377 females, 262 males. They were selected by multi-stage random sampling technique. The reliability of the questionnaire was 0.85. Statistics used in the data processing are frequency, percentage, mean, standard deviation, independent t- test and one-way analysis of variance at the level of .05significance. The data were analyzed by SPSS for Windows version 20.

The results showed that:

1. Needs of exercise for Student from Kasetsart University, Kamphaeng-saen campus were the total at high level and being different on sex were significance difference at the .05 level.
2. The students interested in badminton (M=3.00, SD=0.90), walking or jogging (M=2.85, SD=0.97), and swimming (M=2.76, SD=1.05).
3. Most respondents look for place, instrument and facility were security system (M=3.21, SD=2.92), clean up bathroom (M=3.20, SD=0.80) indoor and standards exercise facilities (M=3.19, SD=0.75)
4. Stage of change for exercise behaviors for students were Stage 3, preparation, (clothes, shoes, instrument). They intend to take exercise in the immediate future, as the next month.

Conclusion: Exercise is so important to improving the quality of students life but the student exercise 28.6 % because they interest in study better than exercise then the sport center will promotion program and improve indoor and standard facilities.

Keywords: need, exercise, stage of change for exercise behavior

ACPES 79

INFORMAL EDUCATION OF SEMARANG CITY BASED CONVENTION THROUGH FIK GOES TO PUBLIC

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ABSTRACT

This research aims to know perceptions about informal education of Semarang city based conservation through FIK goes to public which among them displays: 1) martial arts games, and traditional. 2) health check service. 3) free massage service. 4) aerobics, and 5) street work out. The approach chosen in this study is qualitative approach with descriptive method. While the data collection technique is with the method of interviewing, observation, study library supported by internet searching, and documentation with the number of informants 10 people consisting, 2 people from Badan Pengelola Lingkungan Hidup Semarang City, 5 people from the general public belonging to the bicycle community representing the people who regularly visit the car free day area, and 3 people student of Semarang State University. From the results of research through interviews submitted to 10 informants it can be seen that in the early stages the community welcomed the activities of FIK goes to public, the community feels educated and deeply understanding about conservation-based insights owned by Semarang State University in an effort to preserve the nation's culture. But with more and more people coming to visit the area of car free day, communities perception finally changed where people are now less comfortable in the area of car free day because now the area is more crowded filled by people so they are not free to exercise in the area. From the results of the above research can be concluded that communities have a sense of fun with the conservation-based character building program through FIK goes to public. The community feels educated and deeply understanding about conservation-based insights in an effort to preserve the nation's culture. Suggestions to be conveyed to the researcher is expected that the area of car free day activity is expanded, so that the general public can freely to exercise in the area.

Keywords: perception, informal education, conservation, car free day

ACPES 80

PROGRESSIVE MUSCLE RELAXATION FOR SEMARANG STAGE UNIVERSITY PETANQUE ATHLETE 2017

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ABSTRACT

This research is a library research with titled “ Progressive Muscle Relaxation for Semarang State University Petanque Athlete 2017”. This research aims to determine how much influence Progressive Muscle Relaxation on the shooting results at athletes Petanque Semarang State University 2017. This research is a library research. In the sport competition, it is possible if the athlete would be feel anxious and athletes would be decreased of their ability for play. Athletes have to do what should they do to keep on the best performance especially during the game in the competition. The results of the research are : 1) the one way to improve athlete’s mental to avoid the anxiety is improving their muscle ability. 2) they could use Progressive Muscle Relaxation exercise to improve their muscles ability. 3) the relaxation exercises of certain muscle groups: from the muscles of the arms, head muscles, neck muscles, shoulder muscles, chest muscles, abdominal muscles, back muscles, to leg muscles. 4) it should do before and the training program continuously to get the best performance.

Keywords: anxious, progressive muscle relaxation, muscle, petanque.

ACPES 81

LANGUAGE IN FITNESS (A COMPARATIVE STUDY BETWEEN CONVENTIONAL LANGUAGE TEACHING AND CBI LANGUAGE TEACHING)

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ABSTRACT

This research is a comparative study metode with title "LANGUAGE IN FITNESS" (A Comparative study between conventional language teaching and CBI language teaching. This research aims to determine what is the influence of CBI model toward students' performance as an aerobic instructor. The strategy that is able to connect English and course study subject matter is Content Based Instruction (CBI), because in CBI students are taught and studying the subjects using English, so that consciously or not they learn English. This study uses the English for Specific Purposes (ESP) approach. The purpose of this research is to evaluate the difference of influence between CBI and conventional learning model on aerobic performance of student English. The result of this research are: There is a difference of influence between CBI and conventional learning model on student aerobic english performance. Students taught by CBI learning models perform better than those taught by conventional learning models.

Keywords: CBI, convensional, aerobic, language, fitness

ACPES 82

APPLIED TRADITIONAL GAMES PROGRAM FOR PHYSICAL FITNESS IMPROVEMENT IN ELEMENTARY STUDENT

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ABSTRACT

The objective of this study was to compare the effect of applied traditional program on physical fitness in elementary school. The study samples were 16 elementary children, aged 11 years old by using cluster random sampling. The materials that used research were applied traditional program and Physical Fitness Test for Thai Children aged 7-18 years old. Which composed of the test items of 1. Running 1,200 meters, 2. 60 Second Sit Up, 3. Standing Board Jump, 4. Sit and Reach and 5. Skinfold Thickness. The statistics data analyzed was used descriptive statistics and T Square-Dependent (TQ).The research were found that: (1) The body composition, leg muscle strength, abdominal muscle strength and endurance and muscle flexibility at pre and post-test were found at significant ($p < .05$).The results showed that applied traditional program could be improved body composition, leg muscle strength, abdominal muscle strength and endurance and muscle flexibility. Which can be used for applying physical activity for children in the further.

Keywords: applied traditional games, physical fitness, elementary children

ACPE 83

ASSESSING THE FACTOR STRUCTURE OF SPORT EMOTIONS QUESTIONNAIRE-2 AMONG FILIPINO STUDENT-ATHLETES

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ABSTRACT

Most of the studies assessing various sports emotions focused on the individual's pre-competitive emotions. However, in the sports setting, emotions vary in different contexts (game-related, practice-related, and competition-related settings). This study adapted Pekrun et al.'s (2005) control-value theory in examining sports emotions. The Sport Emotions Questionnaire-2 contains 60 items measuring athletes' emotions specifically enjoyment, pride, anger, anxiety, shame, hopelessness, and boredom during a game, practice, and competition settings. Utilizing 1138 high school student-athletes, the scale shows to be reliable and valid. Results on assessing the criterion validity showed that enjoyment and pride were positively correlated with sports achievement goals (i.e., task-approach, self-approach, other-approach goals, task-avoidance, self-avoidance, and other-avoidance goals) and sport engagement (i.e., confidence, dedication, vigor, enthusiasm).

Keywords: sport emotions, student-athletes, factor structure

ACPES 84

THE ROLE OF PHYSICAL EDUCATORS ON HEALTH OF RURAL WOMEN

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ABSTRACT

Rural women experience poorer health outcomes and have less access to health care than urban women are enjoying. Rural women of Region 10, Philippines are heterogeneous where problems vary in terms of access to medical privileges and engagement of physical activities. The purpose of this study is to know how physical educators can help improve the health status of rural women and provide programs for their regular physical activities. To achieve this purpose, the researchers employed qualitative methodology, and survey with secondary sources as instruments of data collection. Based on the data analyzed, the health status of rural women in selected Municipalities in Region 10, Philippines, the general health conditions and behavior of rural women experience at lower rates than their urban counterparts that include, poor health status, the prevalence of cervical and breast cancer, hypertension and obesity. It also shows that death rates from heart disease in rural women exceed so much and they receive less recommended preventive screening services for breast and cervical cancer. Therefore the researchers concluded that unless women are engaged in physical activities and will have access on health services, the health status of women in rural areas will not be improved. Hence, this paper calls for the strong commitment of the physical educators and the government to provide physical facilities and good physical fitness programs to achieve good health to empower women and utilize all their potentials for economic development and sustainable development in the community.

Keywords: women's health, physical educators, rural women

ACPES 85

PERCEIVED RISKS LEVEL IN OUTDOOR ADVENTURE EDUCATION PROGRAMS: VIEWS OF PARTICIPANTS AND INSTRUCTORS

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ABSTRACT

Numerous studies have been conducted on risk perception for the purpose of understanding the reasons behind individuals' thoughts and actions regarding risks. Risk perception could result to injuries or fatalities when the perceptions or judgments on any hazard are wrong and mistaken. However, disagreement on assessment and different risk perceptions often took place over the time among individuals especially between publics and experts. Therefore, this study was conducted to focus on the issues of risk perception on Outdoor Adventure Education (OAE) programs between experts and lay people which specifically referred to instructors and participants. The aim of this study was to explore the differences in risk perception on OAE programs between participants and instructors involved. Data from 210 respondents consisted of 174 participants and 36 qualified instructors were collected from several outdoor programs participated by public University students. Descriptive analysis and Independent t-test were used to analyse the level of participants and instructors' risk perception and the difference between OAE programs participants and instructors. The findings revealed that the level of risk perception among participants were average, while the level of risk perception among instructors were high. Additionally, there was a significant difference in risk perception towards OAE programs between participants and instructors. This means, respondents were found to have an elevated level of confidence regarding their skills for participating in OAE programs and instructors were driven by knowledgeable expectation of risks. Generally, the risk perception was affected by the risk constructs of knowledge of the risks, fear of the risk, personal risk, benefits vs. risks, personal control, peer influence, admiration, personal challenge and perception of skill. The implications and recommendations of the study were highlighted which were hopefully may provide some overviews in preparing and providing better OAE programs.

Keywords: risk perception, outdoor adventure education, participants, instructors

ACPES 86

STATUS OF GROSS MOTOR SKILLS AMONGST CHILDREN AGED 7 TO 9 YEARS IN SCHOOLS WITH DIFFERENT LEVEL OF PHYSICAL EDUCATION IMPLEMENTATION

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ABSTRACT

Research showed a quality physical education opportunity appears to be a well-suited environment for motor skill development. Therefore, this study was conducted to compare the status of gross motor development amongst children aged 7 to 9 from schools with different level of PE implementation (low; n=177, medium; n= 228 and high; n=200). Samples were asked to perform a Test of Gross Motor Development 2 (TGMD-2) and the score of SSL, SSM, AEL, AEM and GDMQ were recorded. Findings showed that overall gross motor skill score of children in medium level of PE implementation schools are better compared to high level of PE implementation schools and low level of PE implementation schools. Findings revealed that PE can indeed help improve fundamental-related movement skills, while at the same time not compromise participation in moderate-to-vigorous physical activity. It can be concluded that there are other factors influence the results hence a follow up study should be done to identify what are they for better understanding of the determinants.

Keywords: TGMD-2, fundamental movement skills, gross motor development, physical education, implementation level

ACPES 87

PHYSICAL FITNESS DEVELOPMENT IN HEALTH EDUCATION AND PHYSICAL EDUCATION USING THAI FOLK GAME OF PRATHOMSUKSA 3 STUDENTS THESBAL 5 WATPHRAPATHOM CHEDI SCHOOL NAKHONPATHOM

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ABSTRACT

The purposes of this research were to develop 1) Physical fitness by Thai folk game which operated by Prathomsuksa 3 Students Thesbal 5 Watphraphathom Chedi School Nakhonpathom province, 2) Comparing test of Physical fitness before and after by using Thai Folk Game of Prathomsuksa 3 Students Thesbal 5 Watphraphathom Chedi School Nakhonpathom province and 3) Study training participants satisfaction toward Physical fitness on physical education class. This physical fitness development in health education is tested sample group of 29 students in Prathomsuksa 3 Students Thesbal 5 Watphraphathom Chedi School Nakhonpathom province in physical years of 2016 by using pre-experimental design. The research instrument are 1) Structure interview about Thai Folk Game activity. 2) Physical fitness Test form 3) Satisfaction evaluation from of using game. Statistic in this research used be average value and S.D (standard deviation) and Paired - Sample T Test. This research result find that 1) Physical fitness before and after have statistically significant difference at 0.05 2) The training participants satisfaction toward Physical fitness on physical education class are satisfied the training of high level. (M = 4.41 and SD = 0.33)

Keywords: physical fitness, Thai Folk Game

ACPES 88

THE INFLUENCE OF PERSONALITY TRAITS AND ACADEMIC ACHIEVEMENT ON PHYSICAL AND HEALTH EDUCATION STUDENTS: AN ANALYSIS TOWARDS MEDIATING TEACHING STYLES

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ABSTRACT

Academic achievement is a major issue among students, teachers, parents, school administrators, and community at large. Even though the cognitive factors have been established by researchers as contributors to academic excellence, but personality factors can shed some light on what an individual will do, which is as equally important, on what an individual can do in terms of his or her focus to students' academic achievement. Therefore, it could be derived that the aim of Malaysia higher education is to produce quality students that are not only competent in terms of knowledge of their field of choice, but also possess essential personality traits that will help in fulfilling the future work demands. So, the objectives of this study is to investigate the relationship between the Big Five Factors model of Personal traits and students' academic achievement among students of Physical and Health Education, in Faculty of Education, UiTM Shah Alam. This study will take the opportunity to find the possible realism between personality traits and academic achievement and to find out the most preferable teaching style among Physical and Health Education students. A total of 183 students from semester 4 to semester 8 were selected to participate in this study. Descriptive statistics and Pearson correlation were used to analyze relationship between personality traits and academic achievement among students of Physical and Health Education. The finding shows positively significant relationship between personality traits and academic achievements and certain teaching styles was highlighted as the preferences among them.

Keywords: big five factor personality traits, students achievement, teaching styles

ACPES 89

EVALUATION OF PHYSICAL EDUCATION AND HEALTH PROMOTION CURRICULUM (5 YEARS) FACULTY OF EDUCATION NAKHONPATHOM RAJABHAT UNIVERSITY

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ABSTRACT

The purposes of this study were to evaluate the physical education and health promotion curriculum (5 years) Faculty of Education NakhonPathomRajabhat University. The sample in this study were 10 instructors, 137 students, 27 graduates, and 63 graduate s' superiors and sources of teacher professional experiences. The instruments were 4 questionnaires. Data were collected using questionnaires and analyzed using frequency, percentage, mean, and standard deviation. The research results were found as follows: 1) The input aspect, instructors, students, and graduate's opinions about the objective of program and program structure as a whole showed appropriate at a more and the most level. And the facilities for teaching and learning at a moderate and a more appropriate level. 2) The process aspect, instructors, students, and graduate's opinions about the instruction process showed appropriate at a more and the most level. The assessments showed appropriate at a more and the most level. And the counseling to students showed appropriate more level. 3) The product aspect, graduate s' superiors and sources of teacher professional experiences opinions about features of the knowledge of physical education and health promotion, knowledge of the teaching profession, morality and ethics, and personality of the teacher, at more appropriate level

Keywords: evaluation of curriculum, physical education

ACPES 90

EFFECTS OF MENTAL IMAGERY AND DEMONSTRATION ON THE ACQUISITION OF SOCCER DRIBBLING SKILLS OF PRIMARY 4 SCHOOL STUDENTS

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ABSTRACT

The purpose of the study was to investigate the effects of mental imagery and demonstration on the acquisition of soccer dribbling skills of primary 4 School Students, using mental imagery combined with physical demonstration during practise. In addition, to observe if the students are able to use the three baseline soccer dribbling techniques of Inside and outside of both feet, heads up and down while dribbling and having the ball under control and not just kicking and running after the ball. The study was conducted using a true experimental research design. A randomized pre and post-test control group was used and student were randomly selected to different groups for pre-test, intervention and post-test data collection procedures. The findings suggest that mental imagery and demonstration can accelerate and influence the acquisition of soccer dribbling skills among primary school students, especially when combining both mental imagery and demonstration program together during practice. The results indicate that the mental imagery and demonstration group (MIDG) shows significant improvement over the mental Imagery group (MIG). The result of the findings also highlight the significant effects of Mental Imagery and Demonstration (MIDG) on the three baseline soccer dribbling techniques Inside Outside of both feet (IOF), Head up Head down while dribbling (HUHD) and having the ball under control while dribbling (BUC). The findings also provide insight on the result of heads up heads down (HUHD) technique, highlighting that the students in the Control group (CG) shows a significant improvement than the other two experimental groups. These results show the potential benefits of mental imagery and demonstration as a retention strategy intended for soccer dribbling skills acquisition and performance enhancement. In addition, the combination of mental imagery and demonstration teaching methods are promising practices for motor skills acquisition for primary school students. The findings from this study may be used by sports psychologists, physical education teachers, and soccer coaches.

Keyword: mental imagery, demonstration, dribbling, skills, soccer, students

ACPES 91

IDENTIFICATION AND CHARACTERIZATION OF MULTIPLE INTELLIGENCE AMONG HIGH SCHOOL STUDENTS: IT'S IMPACT ON THE TEACHERS' PEDAGOGY

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ABSTRACT

In the academe, the academic performance of students is commonly assessed through summative test. However, more often than not, the efforts of both the students and the students are off-tangent and non-equitable. This scenario is due to the so-called mismatch. This mismatch in the context of teaching-learning process means disparity of teaching strategy used by the teacher and the intelligence profile of students.

The objective of this study is to determine the effect of identification and characterization of the intelligence profile of the high school students on the academic performance of the high school students in the selected public high school of the Department of Education. Random sampling was made in selecting two sampling groups from selected public high schools. The experimental groups of the high school students were subjected to standard intelligence test while the control group was not. Result showed that there is a significant difference in the academic performance of the students. The experimental group whose multiple intelligence were characterized and identified prior to the delivery of instruction performed better than the control group whose multiple intelligence were not characterized and identified. Statistically, the difference in the academic performance of both groups is significant. It is recommended therefore that identification and characterization of multiple intelligence among high school students be made at the beginning of the school year for the teachers' benchmarking in the teaching-learning process.

Keywords: academic performance, multiple intelligence, pedagogy

ACPES 92

THE EFFECT OF PLYOMETR TRAINING ON SPEED AND AGILITY IN PRINCESS SIRINDHORN'S COLLEGE FEMALES BASKETBALL PLAYERS

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ABSTRACT

The purpose of this research was (1) to study the effect of plyometric training on speed and agility; and (2) to study the relationship between plyometric training on speed and agility in Princess Sirindhorn's college female basketball players. This research is quantitative research. The subjects were 15 basketball athletes from Princess Sirindhorn College who each signed a consent form before participating in this study. The sample group was selected by using Purposive Sampling Technique. The subjects were between 15-17 years old. They trained for 6 weeks, 3 sessions each week estimated at 1 hour/day. The content validity (IOC) was .81-1.0; meanwhile the alpha reliability of cronbach was .91. The data were collected using physical assessment to measure the speed and agility (second) before, during 3rd week and 6th week (after training). Data were analysed using mean, standard deviation, One way Analysis of Variance with Repeated Measures, and mean differences by Bonferroni post hoc test with an alpha level of .05 for all statistical tests. It was found as follows: (1) the result of plyometric training on speed and agility of basketball was better after training than before training. (2) And found that the running speed and agility have a relationship that was statistically significant at .05 level.

Keywords: speed, agility, plyometric training

ACPES 93

PSYCHOLOGICAL STRATEGIES OF ELITE FUTSAL ATHLETES IN TRAINING AND COMPETITION

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ABSTRACT

Objectives:

The purpose of this research was to explore psychological strategies of elite futsal athletes in training and competition.

Methods:

Participants of this study were twenty male professional futsal players and eleven male professional futsal coaches.

The professional futsal players ranged in age from 18 to 30 and their experience as professional futsal players ranged from 5 to 15 years. The professional futsal coaches ranged in age between 35 to 52 and their experience as futsal coaches ranged between 6 to 16 years. The data were collected by in - depth interview and participant observations.

Procedures:

Data collection for this study began with key informant participants, followed by chain/network sampling technique for next informant. By the same technique until saturated data. After the interview, the researcher asked interviewed athletes for permission in observing their behavior during practice and competition.

Results:

Content analysis of the data revealed that psychological strategies used by elite futsal athletes in training and competition divided into two types. Cognitive techniques were the first, which were namely self - talk, imagery, goal - setting, motto and abiding religious principles and practice, adhering to role model, learning through experiences, and getting encouragement. In another, behavioral strategies which included relaxing, sports performance development, morale building within a team, and merriment.

Conclusion:

Psychological strategies used by elite futsal athletes in training and competition divided into two types, namely cognitive techniques and behavioral techniques. Moreover, the results of this study indicated that the psychosocial strategies of elite Thai futsal athletes during practice and competition were unique and different from other athletes.

Keyword: psychological strategies, elite, futsal, training, competition

ACPES 94

ENHANCING LEISURE LITERACY THROUGH LEISURE EDUCATION IN THAI SCHOOLS

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ABSTRACT

The purpose of this article is to enhance leisure literacy through leisure education in Thai schools. According to Thai schools are focused on the development of other aspects of literacy development including physical literacy, while components of leisure development such as music, drama, and outdoor pursuits are not being addressed. UNESCO recognizes literacy as a basic requirement for a person to be able to fully participate in society. Literacy is crucial to the acquisition, by every child, youth, of essential life skill that enable them to address the challenges they can face in life. Literacy is a fundamental human right and the foundation for lifelong learning. It is fully essential to social and human development, an instrument of empowerment to improve one's health, quality of life, and relationship with the world. Any society lacking in collective leisure literacy that does not support individuals, throughout the entire lifestyle, from engaging in the active satisfying leisure lifestyle will continue to be fraught with a myriad of social challenges. Leisure education is a child-centered approach that can function as an agent of change for young people. It provides pedagogical, experiential, and recreation experiences which support cognitive, affective and knowledge learning objectives. In order to prevent boredom, at-risk behaviour and to promote non-violence, it is important to provide leisure education in schools. The program of leisure education should prepare youth to reach a high quality of life, teach youth to use leisure wisely so it contributes to their intellectual, aesthete, social and physical development.

Keywords: leisure literacy, leisure education, Thai schools

ACPES 95

DETERMINANTS OF UNEMPLOYMENT AMONG JOBLESS RESIDENTS: BASIS FOR LIVELIHOOD AND ECONOMIC MANAGEMENT FRAMEWORK

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ABSTRACT

This study aims to find out the determinants of unemployment among jobless residents in the Municipality of Balingasag, Misamis Oriental, Philippines. The research locale is along the coastal area but the half portion of it is an agricultural land. Data were obtained through survey questionnaire accomplished by one hundred eighty five unemployed residents, ages eighteen to sixty years old. Demographic profile indicates that majority of the respondents have low level of education. Those with high level of educational attainment have experienced various short-termed contract of work with a very minimal salary. One third of the respondents are men and mostly married and do not have the competency skills appropriate for the labour market. Findings revealed that majority of the respondents have experienced long-termed unemployment. Despite the vast agricultural area, only very few have engaged in farming and almost half of the respondents have no means of livelihood. Regression analysis proved that their long termed unemployment is significantly associated to their educational attainment and technical skills. The Philippine government provides skills trainings and livelihood programs offered by various agencies and institutions, however, only very few of the respondents are aware of these programs and did not meet the requirements due to the curriculum change of the Philippine Educational System. The findings elucidated the need for educating the people and their exposure to approaches and methods of livelihood opportunities the government offers. Thus, it is strongly recommended with pedagogical proposition to come up with a framework in providing an enabling environment for improving sustainable rural livelihoods for economic growth and sustainable development.

Keywords: competency skills, education, labour market, livelihood, unemployment

ACPES 96

IMPEDIMENTS TO UNEMPLOYMENT: IT'S IMPACT TO THE WELL-BEING OF AN INDIVIDUAL

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ABSTRACT

This study aims to investigate qualitatively the factors that impede employment among the working-age population in the Municipality of Balingasag, Misamis Oriental Philippines. Data were obtained through Focus Group Discussion to one hundred forty five unemployed residents ages eighteen to forty five years old. Data were examined by identifying patterned meaning of the responses through thematic analysis. This study utilized the Grounded Theory Methodology (GTM) to generate theoretical constructs which explain unemployment of the working-age population. The results showed five significant factors that impede working-age population to get a job which include low level of education, job vacancy, work experiences, lack of technical skills and reluctance to work. When asked about governments' intervention, majority of the respondents commonly answered for the provision of livelihood program, business capital, free skills training, short-term courses and alternative learning system. Though the Philippine government has made educational reforms and offered various opportunities from different agencies, only very few of the respondents have benefitted the program. The stress of being jobless has aggravating effect and decline in the well-being of many individuals. While unemployment decreases an individual's financial capacity, it increases satisfaction levels with leisure time. Thus, it is recommended for the government to intensify its efforts to help reduce the impediments of unemployment through entrepreneurship and creation of funding mechanisms and other appropriate programs that could help improve the individuals' economic status.

Keywords: educational reforms, impediments, intervention, well-being, unemployment

ACPES 97

**ROLE OF TRAINING GOAL SETTING AND MUSCLE
RELAXATION AGAINST INCREASED CONFIDENCE TO SWIMMER
PELATDA CENTRAL OF JAVA 2016**

Sungkowo, Kaswarganti Rahayu

ABSTRACT

The purpose of this study was to determine the role of Goal Setting Training and Muscle Relaxation Against Increased Confidence to swimmer Pelatda CENTRAL JAVA.

The population in this study is the swimmer Pelatda JATENG 2016, which amounted to 8 people. Then the sampling technique is total sampling, the sampling technique with consideration of taking the whole amount of the sample of 8 people.

The main data collection in this research was conducted by interview and additional data is done by using measuring instruments or questionnaires confidence. This study uses data analysis techniques based on data already collected. Qualitative data processing or interviews done by creating a category of informants answer. While quantitative data processing is done by testing the validity and reliability of the questionnaire confidence athlete.

The results showed that the increase in mental skills followed by an increase in the confidence of all swimmers. Increased confidence in swimmer Pelatda JATENG can already be seen against the increased performance, the swimmer proved to be a fast lap on the best time. However the target or goal setting a record time on all athletes no one can reach the goal setting they are targeting.

Conclude that intervention in the form of mental training is effective in improving confidence in the swimmer possess. For this research is still applying the same mental training for all athletes. At suggest no individual mental training program for each individual athlete. Future studies are necessary to adjust the provision or portion forms of mental skills for each athlete. Mental training program so that more individual, focused and directed.

Keywords: goal setting, muscle relaxation, confidence of athletes

ACPES 98

COUNSELING AND EARLY DETECTION OF BLOOD SUGAR LEVELS AS A DISEASE PREVENTION EFFORTS DIABETES MELLITUS IN SUSUKAN DISTRICT EASTERN UNGARAN OF SEMARANG

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ABSTRACT

Blood sugar is a term that refers to the content or the amount of sugar in the blood circulation in human body. High blood sugar levels will cause the disease of diabetes mellitus (DM). But people's knowledge about the disease is still limited. To improve public education in the District Susukan East Ungaran Semarang on prevention of diabetes mellitus control, there is a need for counseling and early detection of blood sugar levels. Counseling and testing are activities that proved quite effective in improving knowledge about blood sugar. The results showed a positive impact of the counseling and testing have on the general population. Training by physical examination method/laboratory can add the interest of respondents to the information submitted so that the respondent can understand about the prevention of diabetes mellitus which will also increase the motivation of respondents in early detection.

Keywords: diabetes mellitus, counseling and early detection of blood sugar levels

ACPES 99

TRANSFORMATION OF CADRE LEADERSHIP AS AN EFFORT TO IMPROVE NUTRITIONAL STATUS: CASE STUDY IN URBAN AREA IN INDONESIA

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ABSTRACT

Nutrition is still a health problem that needs attention in Indonesia. Based on the data of Basic Health Research (Riskesmas) (2010), the 12.2% prevalence of toddlers' obesity in 2007 increased to 14.0% in 2010; whereas, in national scale, the 18.4% prevalence of malnutrition in 2007 increased to 19.6% in 2013 (Riskesmas, 2013). Recent nutrition management programs have not shown maximum improvement. One of the programs to improve the nutritional status in the community is *Posyandu*, *Pos Pelayanan Terpadu* (United Service Post). In order to optimize the role of *Posyandu*, cadre leadership is needed. The purpose of this study is to analyze how effective the transformation of *Posyandu* cadre leadership is in the effort to improve nutritional status. This study used a qualitative research method with snowball sampling technique. A head of *Posyandu* cadre became the main informant in this study; in addition, a *Puskesmas* (Public Health Center) nutritional officer and a mother who had a toddler during the head's leadership period became the triangulation informants. The data collection of this study used in-depth interviews. The result of the research indicates that the head of cadre had too much burden in her job; she assumed that her cadres cannot do the given tasks, while the cadres said that she did not give clear instruction and she always took over the tasks by herself. In conclusion, the leadership transformation did not go well because the head of cadre did not delegate tasks optimally to her cadres.

Keywords: transformasion, cadre leadership, *Posyandu*

ACPES 100

**HEALTH CARE PRACTICES OF MARANAO
PRIMARY SCHOOL CHILDREN**

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ABSTRACT

The purpose of this study is to determine the common health care practices of Maranao primary school children in terms of their personal, home and environmental health care practices. The Maranao are the largest group of cultural minority in the Philippines. They are of Malay- Arabic descent and so they have developed their own kind of Filipino culture since occupying the island. Data were obtained from a researcher-made questionnaire to fifty Marano school children from Hinaplanon Elementary School, Hinaplanon, Iligan City Philippines. These children. ages seven to nine years old. Results have shown that the young Marano primary school children knows about personal health care practices independently. Considering their young age, they practiced basic home health care routines. They have acquired the basic knowledge on how to take care of the environment. Statistically, there is no significant association between the demographic profile of the Maranao primary school children and their health care practices. Findings elucidated that despite cultural beliefs, Marano children can adopt proper personal hygienic behaviour. It can be concluded from the present study that knowledge of personal hygiene, home and environmental health care practices among the Maranao primary school children is found to be generally good. It is thus recommended that parents and school teachers continue and intensify their role as constructive shapers of children's health care behaviours for a healthy well-being.

Keywords: cultural beliefs, health care, maranao, personal hygiene, primary school children

ACPES 101

ACADEMIC ACHIEVEMENT IN HEALTH EDUCATION SUBJECT ON SEXUAL BEHAVIORS OF MATTHAYOM-SUEKSA-4 STUDENTS, KANCHANANUKROH SCHOOL, KANCHANABURI PROVINCE

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ABSTRACT

This study was aimed to compare academic achievements in health education subject on sexual behaviors of Matthayom-Sueksa-4 students before and after being taught by a Drama Media-supplemented Teaching Method and to examine the students' satisfaction with the Drama Media-supplemented Teaching Method. The study sample was the 12th Matthayom-Sueksa-4 classroom of 42 students which was selected by simple random sampling from total 12 Matthayom-Sueksa-4 classrooms in Kanchananukroh School, Kanchanaburi Province in academic year 2559. Research instruments were the Drama Media-supplemented Teaching Method on the topic of sexual behaviors, a learning management plan of sexual behaviors, an achievement test of the topic of sexual behaviors in Matthayom-Sueksa-4 health education subject, and a questionnaire. The research was performed according to the following steps: the preparation step- the sample students were clearly informed of how to manage the learning about the sexual behavior by using the Drama Media-supplemented Teaching Method and the research operation step- the researchers conducted the students' learning according to the learning management plan during the 6 lesson periods. Data from this study were analyzed arithmetic mean (\bar{X}), and standard deviation (S.D.). The study results revealed that the academic achievements in health education subject on sexual behaviors of Matthayom-Sueksa-4 students in the 12th classroom before being taught by a Drama Media-supplemented Teaching Method were averagely $\bar{X}=7.71$, $SD=1.89$ whereas those after being taught by a Drama Media-supplemented Teaching Method were averagely $\bar{X}=9.55$, $SD=0.86$ and these academic achievements were significantly ($p<.05$) different. In conclusion, the academic achievements in health education subject on sexual behaviors of Matthayom-Sueksa-4 students in the 12th classroom after being taught by a Drama Media-supplemented Teaching Method were greater than those before. In addition, the students' satisfactions with the Drama Media-supplemented Teaching Method were averagely at the great level.

Keywords: academic achievement, sexual behaviours

ACPES 102

EFFECT OF DIFFERENT RECOVERY PROCEDURES ON POST COMPETITION OF MEN VOLLEYBALL PLAYERS

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ABSTRACT

The current experimental research aimed to study the effect of three different recovery procedures on; ice bath, applied Thai massage and rest sitting, on plasma creatine kinase. Nine men volleyball players (main players and without any injuries) were selected samples in this study. The one sample pretest-posttest was used as the research design. Plasma creatine kinase of was tested in three different conditions; before competition, in 5-10 minutes post competition, and in 5-10 minutes after performed each type of recovery procedure. Each procedure was random experimented first with ice bath, applied Thai massage, then rest sitting, and one week was the duration apart of each procedure. Data analysis, the two way ANOVA repeated measure was used to determine the plasma creatine kinase of three recovery procedures differences in three conditions of the experimental design, then using the Bonferroni analysis for post hoc comparison. The study resulted that there were no differences between the plasma creatine kinase of three recovery procedures in all conditions at statistic level 0.05. However there were not statistic significant between the plasma creatine kinase on post competition and after performed recovery of all three recovery procedures at 0.05 statistic level. Findings suggested that using just one of these recovery methods at the time can not immediately decrease creatine kinase to normal level. Therefore, to calm down the plasma creatine kinase, the further research should study the more effect by applying all three recovery procedures after the vigorous exercise.

Keywords: recovery procedures, post competition, men volleyball player

ACPES 103

THE CONSTRUCTION OF FLEXIBILITY TEST OSAR

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ABSTRACT

The purposes of this research were to assess the validity, reliability, and objectivity construction of the Flexibility Innovation test namely OSAR (Orawan Sit and Reach) prototype device. A total 180 students of Institute of Physical Education, Sisaket campus, age ranged from 18-24 years old participated in this study. To assess the OSAR constructions, the samples were divided into three groups. First, to examine the validity, 20 males and 20 females were tested through the HelmassIII flexibility equipment and OSAR prototype, and t-test analysis was computed to compare the flexibility differences scores. Second, to assess the reliability of OSAR prototype, the test-rest method was used. The 40 males and 20 females samples were tested by OSAR prototype and Pearson's correlation coefficient were analyzed. Third, to explore the objectivity of OSAR prototype, two instructors with 60 male and 20 female samples were participated. In order to test flexibility of all these samples, the two instructors were trained to use OSAR prototype. The Pearson's correlation coefficient were analysed to explore OSAR' objectivity. Results manifested that there was not significant differences between the flexibility scores of OSAR prototype ($M = 16.96, SD = 4.07$) and HelmassIII flexibility equipment ($M = 17.00, SD = 4.04$) at statistic level .05. The reliability of OSAR prototype was efficiency according to Pearson's correlation coefficient ($r = .99$). Finally, OSAR prototype was appropriate objectivity with the Pearson's correlation coefficient ($r = .99$). In conclusion, all assessment of OSAR prototype includings; validity, reliability, and objectivity construction were accepted. Therefore, OSAR prototype be use full for flexibly test.

Key words: flexibility test, OSAR prototype, validity, reliability, objectivity

ACPES 104

INTERNAL AND EXTERNAL PERSONAL FACTORS RELATED TO HEALTH PROMOTION BEHAVIORS OF KASETSART UNIVERSITY STUDENT Jutamas Bucharoen¹, Achara Soachalerm², Prasertsak Kainakha³ and Phubate Napatpittayatom⁴

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ABSTRACT

The aims of this study was to examine internal and external personal factors for predicting health promotion behaviors of Kasetsart University students. 400 students were simple randomized. All subjects were assessed by using a questionnaire, 6 behaviors assessment form and an interview. The instruments reliability was defined as 0.75 -0.94 . Quantitative analysis were statistically analyzed using mean, percent, standard deviation, coefficient of correlation and step -wise multiple regression analysis. Qualitative analysis were statistically analyzed using content analysis.

The result of the study revealed that:

1. Internal personal factors including self- ability perception on health promotion behavior, attitude towards health promotion behavior and Buddhist belief were positively related to health promotion behaviors of students in Kasetsart University ($r = 0.71, 0.19, 0.03$)
2. External personal factors including health promotion support from family and friend were positively related to health promotion behaviors of students in Kasetsart University. ($r = 0.42, 0.35$)
3. Self perception ability on health promotion behaviors was the first order factor for predicting health promotion behaviors of Kasetsart University students. Family's health promotion support and peer's health promotion support were the second and third order respectively. They could predict health promotion behaviors of students with 53%.

Keyword: internal personal factors, external personal factors, health promotion behaviors

ACPES 105

**STUDENTS'S UNDERSTANDING ABOUT PHYSICAL
EDUCATION: A COMPARATIVE STUDY BETWEEN
INDONESIA AND MALAYSIA**

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ABSTRACT

This study concerns on students' understanding about physical education in Indonesia and Malaysia. Physical education (PE) is a compulsory subject listed in the National Education Curriculum of both countries at all levels of education. Moreover, Indonesia and Malaysia are considered multicultural nations with high proportion of population, so students seem to differ in their perception toward physical education. This study uses exploratory research, and the data is collected using questionnaires, in which they have been developed and tested in terms of validity and reliability. A preliminary study related to this concern has been conducted on students of high schools from three different cities in a province in Indonesia. The results showed that physical education learning as well as its approach influenced students' interests. However, accurate and comprehensive data of how physical education existed from the students' perspective had not been found. Such findings help to provide insights in analysing students' understanding towards physical education, students' roles in physical education as well as their perception towards physical education. The results of this study are presented in numerical data to find out the trend and interpreted using hermeneutic approach. It is expected that this study has some implications as a problem solving in terms of declining quality in physical education; as insights to raise students' awareness of physical education, and as information to help schools establish policies of physical education learning.

Keywords: physical education, students' understanding, indonesia, malaysia

ACPES 106

A COMPARISON OF RATE OF FORCE DEVELOPMENT AMONG DIFFERENT ECCENTRICALLY WEIGHTED JUMP SQUAT LOADS IN COLLEGE RUGBY PLAYERS

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ABSTRACT

The purpose of this research was to compare the rate of force development among difference eccentrically weighted jump squat loads in college rugby players. A total of 9 Chulalongkorn University rugby players between 18-22 were recruited in this study. The minimum quarter squat of 1 RM/Bodyweight for the participant was at least 2.0. The participants were randomly divided into 4 groups. After one week of familiarization with the equipment, each group were tested following counterbalanced design. In each testing procedure, the participant was asked to perform a weighted jump squat with 30% of his 1RM on FT700 Power Cage. Force plate and linear position transducers were installed to measure the rate of force development. Each participant was tested with 4 different eccentric loadings, i.e., 10%, 40%, 70% and 100% with a one-week break between different conditions. The eccentric loads were controlled using magnetic breaking system. The participant performed six jumps of two sets. The data of concentric phase of jumps number 2-6 were collected to analyzed with BMS software. Mean and standard deviation were reported, and one-way ANOVA with repeated measures was tested for rate of force development. The results showed that there was no statistical difference in the maximum rate of force development, and maximum relative rate of force development at .05. However, the results showed that maximum relative rate of force development increased with reduced eccentric loadings.

Keywords: rate of force development, eccentric loads, weighted jump squat

ACPES 107

**EXERCISE BEHAVIOUR BASED ON TRANSTHEORETICAL MODEL
OF MSU SPORTS SCIENCE STUDENTS**

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ABSTRACT

The purpose of this study was to test selected constructs of Transtheoretical Model (TTM) of behavior change and exercise behavior with a university student sample. A total of 203 Maharakham University (MSU) Sports Science students were stratifying randomized in the survey. A Thai-version of TTM questionnaires were used to identify the stage of exercise behavior and psychological attributes. Research instruments were used composes of the Stage of Exercise Behavior Questionnaire, Process of Change Scale for Exercise, Decisional Balance Scale for Exercise and Exercise Self-efficacy Scale for identifying behavioral change and their psychological attributes. The data were analyzed by descriptive statistics, and one-way ANOVA, at $P < 0.05$. The multiple comparisons were later tested by Scheffe. The results were found that the stage of exercise behavior, the process of change, decisional balance and exercise self-efficacy were significant ($p < .05$) when analyzed in comparing by gender and year. The present study provides information about relatively exercise behavior of Sports Science student and could be chanced to apply developing of exercise intervention for university student in further.

Keywords: exercise behaviour, transtheoretical model, stage of change, process of change, self-efficacy, decision balance

ACPES 108

KINEMATIC COMPARISON OF UPPER EXTREMITY AMONG FASTBALL, CURVEBALL, AND SLIDER IN COLLEGE PITCHERS

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^{2,3}*Chinese Culture University, Taiwan (R.O.C)*

ABSTRACT

Previous baseball pitching studies have compared kinematics parameters among fastball, curveball, and slider, but did not indicate more stressful for collegiate pitchers. The purpose of this study was to compare kinematics data of upper extremity among fastball, curveball, and slider potentially dangerous. Twenty-four collegiate baseball pitchers volunteered in this study. After signed informed consent and placed forty-eight reflective markers on head, upper extremities and lower extremities, participant threw in a total of fifteen fastball, curveball, and slider randomly from pitcher plate marker to the target five meter away. Repeated measurement ANOVA was used to test differences of kinematic parameters among fastball, curveball, and slider. Eleven of twenty-two parameters showed significant differences. Another eleven parameters at foot contact, arm cocking, arm acceleration, and ball release displayed no significant differences based on kinematics comparison. Overall, kinematics analysis among fastball, curveball, and slider did not exhibited significant differences. Ball speed at fastball was faster compared to curveball and slider. Fastball was also dominant at foot contact and arm acceleration, while curveball take over domination in ball release at arm deceleration phases compared to fastball and slider. Understanding of kinematic differences can help pitcher to select and learn different pitches. Pitcher should master the basic mechanics before he goes to the next level. This information may be used as guidelines to the coaches and pitchers to improve performance and injury prevention.

Keywords: kinematic, pitching, fastball, curveball, slider.

ACPES 109

DEVELOPING THE UNDERHAND VOLLEYBALL SKILLS AMONG MATTHAYOM-SEUKSA-3 (GRADE9) STUDENTS USING A PVC-MADE STAND

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ABSTRACT

This study was aimed to develop the underhand volleyball skills among Matthayom-Seuksa-3 (Grade 9) students using a PVC-made stand. Its 2 objectives were 1) to develop a PVC-made stand and the volleyball skills of the underhand among Matthayom-Seuksa-3 (MS3=Grade 9) students, and 2) to compare the students' volleyball skills before and after the learning using a PVC-made stand. Its sample consisted of 27 MS3 students of WatDhammaJariyaBhirom school who had poor skills of the underhand whereas its independent and dependent variables were the PVC-made stand and volleyball skills of the underhand respectively and its instruments were composed of 1) a volleyball skill practice book, a manual of the PVC-made stand and the underhand training, 2) a volleyball skill test of the underhand, and 3) a learning management plan on "How to Properly Play the Underhand with a PVC-made stand". This experimental study employed the one group pretest - posttest design. Following the plan, it took 4 weeks, a learning period a week from October 25th to November 18th, 2016. In the data analysis, the marks resulting from the volleyball skill test of the underhand before and after the learning with the PVC stand were statistically analyzed in terms of arithmetic means and the standard deviations and the results showed that the MS3 students had significantly ($p < .05$) higher average scores of the underhand skills after the learning than those scores of the underhand skills before the learning.

Implications from This Study

1. Some more proper training should be provided for those students still having some poor aspects of volleyball skills of the underhand.
2. This developing study should be further applied as guidelines to other problematic conditions in teaching management

Suggestions for Further Studies

1. Other volleyball skills such as spiking and overhanding should also be researched and developed for more innovation for volleyball learning and instruction.
2. For another knowledge body, a comparative study should be undertaken to compare results from different volleyball training methods for a volleyball skill.

Keywords: volleyball skill, the underhand, volleyball, PVC-made stand

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18. Ms. Pornpen Lapho
19. Mr. Bundit Thiabthong
20. Ms. Kanlapruk Polsorn
21. Ms. Warsittee Teamtaokerd
22. Mr. Nimit Meraksa

ACPES Council Members 2016-2018

<u>Name</u>	<u>Post</u>
1. Assoc.Prof.Dr. Supranee Kwanboonchan	President
2. Assist.Prof.Dr.Chaipat Lawsirirat	Vice President (Internal Affairs)
3. Assist.Prof.Dr. Koh Koon Teck	Vice President (External Affairs)
4. Dr.Lian-Yee Kok	Honorary Secretary General
5. Prof.Dr.Tandiyo Rahayu	Honorary Assistant Secretary General
6. Assist.Prof.Dr.Atchara Purakom	Honorary Treasurer
7. Prof.Dr.Aminuddin Yusof	Executive Council Member
8. Dr.Rebecca Alcuizar	Executive Council Member
9. Assist.Prof.Dr.Wanchai Boonrod	Executive Council Member
10. Assist Prof.Dr.Sonthaya Sriramatr	Executive Council Member
11. Dr.Ma Leomie Lagrosas	Executive Council Member
12. Dr.Mawami Mohamed	Executive Council Member
13. Dr.Arporn Popa	Executive Council Member
14. Dr.Raymond Ong	Executive Council Member
15. Dr.Chairat Choosakul	Executive Council Member
16. Dr.Heny Setyawati	Executive Council Member



ACPE 2017
2-5 September 2017

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Faculty of Education and Development Science
Faculty of Education
Department of Physical Education
Department of Physical Education and Sports

