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# PROCEEDING

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## The 3<sup>rd</sup> International Seminar On PE, Sport, And Health 2013

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## The game is played and Basic Fitness For Students

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### Abstract

*The paper, entitled "Playing is the Basic Fitness For those of Students". Discusses ever al theories play for students aimed at improving physical fitness, the actualization of activity in motion, attitude and behavior, channeling excess energy and the kids get a lot of friends. It also discussed, (1 )principles of play, (2) the basic characteristics of play, (3) Fitt. Games are conducted in a systematic and sustainable manner and the right dosage can lay the basis of fitness inclearly childhood, which will furthers pur the growth and development.*

*Keywords: Play, Continuous-rhythmic, Fitt.*

### Introduction

#### 1. Background

On the day a holiday is usually a lot of people doing sports activities, there are jogging, running, walking, cycling, playing golf, badminton, football well in the open field, on the road, stadium, park or enclosed places like fitness centers, galleries gymnastics or sports association gatherings such as heart healthy, elderly etc. gymnastics.

In general, they do sport activities in groups, although there are also individuals, from different ages of children, adolescents, what exactly are they looking for? The answer varies, there is a bandwagon, recreation, social trends, and much more relaxed, but in general they crave fitness. Do feel fitter after the training?

Child's world is a world of play, that's the future child life child, but what if we look

carefully there is a shift of meaning as a result of playing the game tehnologi.Dahulu progress the child has an active dynamic characteristics using physical activity or movement such as flying kites, marbles, jump rope , hide and seek and many more. But now children are more like animated electronic games Play Station or the like, with this type of game the kids will be able to survive for hours in front of the TV screen / monitor and cool with a stick in hand without moving from his seat, the condition can be said to occur behavioral changes of a dynamic passive active dimanis

The different types and ways to play the last time by now certainly have an impact on the quality of child physical fitness, for example, found many children who are overweight. Research conducted Suharto (1991:6) in children and adolescents mostly





have medium and low levels of fitness. To overcome this provides the basis for children's fitness in order to support the optimal growth and development.

## LITERATURE REVIEW

### Play

Citing the view of some experts of psychology and biology, Sukintaka (1992:4) reveals a sense of play, among others:

#### 1. Recreation theory .

This ideology defines a game of human activity as a proportion of work, people will play to hold the release in order to restore the physical and spiritual refreshment .

#### 2. theorySurflus

Excess power will be distributed to children through play activities .

#### 3. theoryTeleogi

The looked at each understand that the game has a biological task, which studies the function of living life as a preparation for the next .

#### 4. Sublimation theory

The game not only study the function of living alone, but also an act of sublimation process for improving higher as more noble and more beautiful .

#### 5. Buhler theory

Search Buhler in Sukintaka(1992:5) says that the game in addition to studying the function of living also has the function of desire and ability to be active. Ability to walk, run and jump will be useful for the child in later life .



#### 6. Reincarnation theory

The theory that the children looked at each would play such games carried by his ancestors. However, this theory seems to have no reason at this time refer to children's games continue to evolve in line with advances in science and technology .

Graham (1980) defines play as intrinsic motivation behavior as freely chosen and favored process oriented. While Sukintaka (1992: 7) states that the children's play will embody the potential for activity in the form of motion, attitude and behavior. Of the various theories and views can be identified that play is the child's progress to physical activity, voluntary excess to express and gain strength or fitness freshness.

## 2. Physical activity or motion

Physical activity or movement is the realization of a play that is part of the child's life, Gabbard (1987: 50) put forward the concept of motion pondamental meluputi:

1. *Locomotor activity* is the transfer of children from one place to another like *bercongklang* (road and jump), sliding and jumping. The movement types including difficult activity because consisting of different combinations of basic motion.

2. *Nirlokomotor*, also known as a stable skill, is a very simple motion, such as twisting, bending and swaying.

3. *Manipulation*, control movements of this type involves the main objects with hands





and legs are composed of two things namely receptive, such as catch, stop and propulsive, such as throwing, hitting and kicking.

### 3. Fitness

Synonymous with fitness and physical fitness or physical fitness defined as a person's ability to perform work efficiently without causing significant fatigue. Physical fitness is grouped into three sections covering:

1. *Static fitness*: the state of a person who is free from disease or a healthy body condition.
2. *Dynamic Fitness*: capabilities that do not require work specific skills such as running, lifting, pushing, carrying and others.
3. *Motor fitness*, ability to work that requires special skills as a football player should be able to run while carrying the ball over the opponent's head off, volleyball players must be able to jump while hitting the ball from the opponent to avoid dam.

### 4. Components of Fitness

Health-related fitness has four basic components include:

1. *Heart lung endurance*, the ability of the lungs to supply oxygen to the heart muscle work in the long term.
2. *Strength and muscular endurance*: Muscle strength is the ability of muscle to resist loads in a business. Muscle endurance is

the muscle's ability to perform a series of work in a long time.

3. *Flexibility*: the ability of the joints to move freely.
4. *Body composition*: body weight ratio in the form of fat to lean body weight expressed as a percentage of body fat.

From the above description can be explained that in order for children to perform the roles and functions of age need to have the appropriate level of optimal fitness status

### 5. Efforts Gain Fitness

In order to obtain the fitness status of the prime needs to make the planning and preparation of the program include : behavior and regulation of feed , rest and physical activity settings . The program was conducted during the time from kids to adults . The program includes :

*Food* : to be able to maintain a decent human life requires a fairly good eating quality and quantity that serves as an energy source , regulators and builders . Especially children are in need of food sufficient to optimize growth. Proportionally healthy foods include 60 % carbohydrates , 15 % fat and 25 % protein , enough vitamins , minerals and water .

*Break* : the human body is composed of organs , tissues and cells that have limited capabilities , for example, a child would not be strong runs continuously throughout the day . Fatigue is one indicator of the





limitations of human physical abilities . To that children need adequate rest time to give the body perform recovery , the recovery and growth process . In a day of children aged 6-10 years old took a break of about 10 hours .

*Physical activity* : the motion is done properly will affect the increase in organ function , such as cardiac pulmonary improve employability , increase employment and muscular endurance as well as help the growth process . In connection with this, Soekarman (1990 : 16 ) recommends that children be given every day 3-4 hours to play and physical activity

#### 6 . Playing principle

Play contains elements of physical activity , for it to be able to provide benefits to increase children's physical activity , need to pay attention to the basic principles of exercise include :

- 1 . *The principle of overload ( over-load )* , meaning that the game should be done to stem the stress or load on the physical children .
- 2 . *Specificity ( specifity )* , meaning that physical activity or game boy selected according to fitness components that will be improved . for example, that flexibility of joints function well chosen game containing motion in order to stretch or elongate the muscle strength and endurance better children chosen games which have a characteristic against the load .

- 3 . *Back home ( riversible )* , meaning that activities need to be designed and performed continuously throughout the period , when children stop playing within a certain time then stops also impact physical improvement .

#### 7 . Basic Characteristics of Play

Not all games are able to contribute to the child's fitness , so the games are selected need to consider the basic characteristics of play include :

- 1 . *Move* , meaning that there should be a movement in the game is done continuously and rhythmically , like the movement of walking, running , stepping , crawling . The motion characteristics will increase heart and lung endurance improve body composition .

- 2 . *Elevator* , meaning that in the game there should be an element of motion against load as lifting, carrying , and holding interesting , The movement will train strength and muscular endurance .

- 3 . *Stretch* , meaning that the play should be an element of motion to stretch the joints including muscle gain . The motion will train joint flexibility and muscle tone . In addition to these characteristics should also consider other movements such as :

- a . *Pleasure* , the chosen type of game as much as possible to bring happiness and joy to the children , so that selected the preferred game . Playing with musical





accompaniment and the use of equipment of diverse , more colorful delight .

b . *Group* , team games have advantages over individual games in addition fun because it also contains an element of competition that gets kids to express their ability and social meaning .

c .*Safety* , so that children can play safely and comfortably , facilities and environment play needs to be safeguarded , for example, equipment and location play is made of a material that does not easily harm , such as playing on grass is much safer than on hard courts

#### 8 . Playing the type and dose

The game will have a positive influence on the quality of a child's physical functioning when attention FITT concept , namely :

Frequency ( F ) , play should be done regularly at least three times a week with a hose or a sufficient interval .

The intensity ( I ) , the game will need to be concerned about the quality of excitatory , meaning that the child should be able to make the game move faster than the heart resting heart rate , such as heart rate in a resting state child 70 beats / min , then at the time of playing to 100 beats / min , it would be better if the increase in heart rate maximum heart rate reaches 60 or higher .

Time ( T ) , it took quite a play , try the game can do more than 15 minutes , if it has not been able to play only for a moment

cause adaptation to the quality of the child's body organs .

Type ( T ) , to be able to improve fitness , game type should be selected in accordance with the basic characteristics of play that include : move , such as walking , running , jumping and crawling . Elevator , such as encouraging friends , cradling friends , menarik.Stretch , another interesting example , twisting the body . It also needs to consider the pleasure , group and child safety

#### 9. Playing adaptation

Adaptation is defined as playing a positive effect that is relatively permanent, the play will affect the improvement of physical, psychological and social development. Description of adaptation play as follows:

1. *Physical benefits*, improve the function of organs such as the heart, blood vessels, lungs, muscles, bones, joints, improvement in the body's metabolism, reduce body fat and cholesterol balance.

2. *Psychological benefits*, with play cause children to be more resistant to stress and better able to concentrate. It is caused by increased blood supply and reduce levels of salt in the brain. Anxiety in women before menstruation for example due to increased salt levels in the blood and an increase in the hormone estrogen. In addition to the play can increase feelings of achievement.

3. *Social benefits*, the play can increase the confidence of the child, as well





as the cooperation effective means of communication.

### 10. Game type

Guided by the principles and the basic character of the play, some of these types of games can serve as models and examples for designing different types of games.

#### 1. Cardio Circuit Training:

- a. *The goal:* increase heart lung endurance, strength endurance leg muscles, burning body fat.
- b. *Equipment:* cones or stakes, cardboard bearing the various

activities, boxes, ropes, hoops, recorder type.

- c. *How to play:* children were divided into several groups, each time the music goes off then the kids have to do the motion in accordance with the instructions written on the stake, after the music stops they have to run to another post in accordance with the order, the music sounded again the next time they have to perform the activity as it is written in the nearest stake, so forth

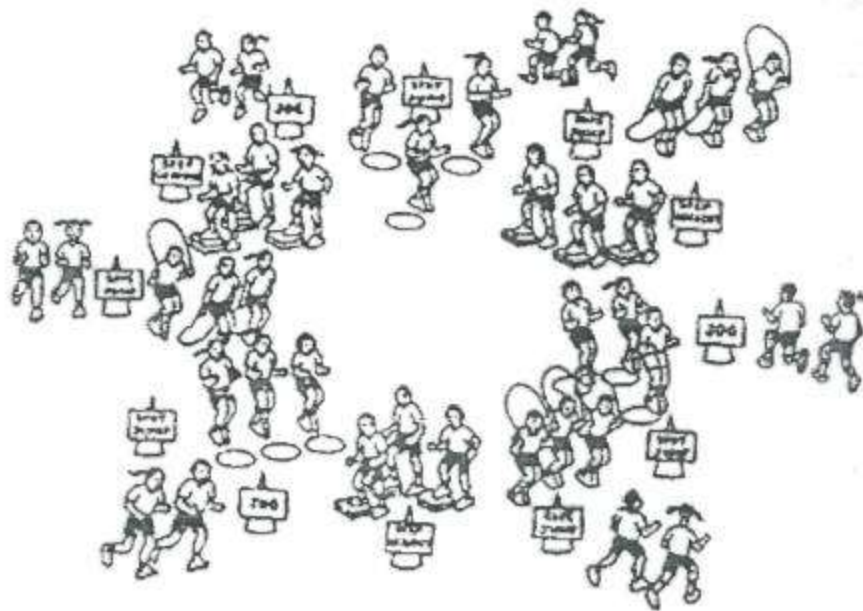


Figure 1. Cardio Circuit (Source: Curt Hinson: 67)







2. Around The bolck

- a. Target: increase the durability and strength of the muscles of the legs and arms.
- b. Equipment: cones or stakes, cardboard bearing the various activities.
- c. How to play: children were divided into several groups, and then they do the appropriate motion commands are written at stake, for example: command jog, jog until they have to do the following signs, then crawl, tiptoe, so crawling with belly facing upward. Each child is doing 3-4 rounds

adaptation include: satisfaction, pleasure and channeling excess energy. The game is done in a systematic and sustainable manner and the right dosage will be able to create a fitness since early childhood which will further spur the growth and development of children.

**2. Suggestion**

Penjas teacher should be able to create a model of learning which in turn is the basis of students' fitness for the participants. Apart from that penjas teacher should be able to understand the basic principles of playing characteristics play is done in a systematic and sustainable as well as understand the right dosage for the right dose of physical fitness is the basis of the child from an early age.

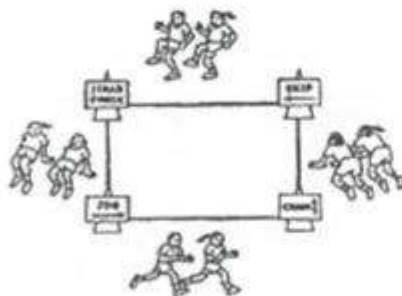


Figure 2. Around The bolck (Source: Curt Hinson: 65)

**CONCLUSION AND RECOMMENDATIONS**

**1. Conclusion**

Playing in the form of physical activity in the form of motion, the actualization of potential, attitude and behavior of children. By playing the child will acquire a positive

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