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## An evaluation of powerlifting and weightlifting development program

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### Abstract

This study was aimed to evaluate the implementation of Powerlifting and Weightlifting Development Program in *Padepokan Gajah Lampung*. The subjects were the management, the coaches, athletes which had a total of 30 persons, with the evaluation used CIPP model (Context, Input, Process, and Product). Data collection techniques were observation, interviews, and documentation. Data analysis techniques were qualitative descriptive analysis. The results showed that generally the evaluation of Powerlifting and Weightlifting Development Program in *Padepokan Gajah Lampung* was good which consisted of (1) context evaluation of the purpose of development in *Padepokan Gajah Lampung* has met the standard criteria, (2) input evaluation including coaches, athlete and supporting facilities and infrastructure has met the the standard criteria, although the exercise program is not written, (3) in the evaluation process, generally, the implementation had run well. In the implementation of the exercise, there is a regular and clear schedule of exercise and following the championship at international and national level, (4) on the product evaluation, general performance, the achievements of weightlifters and weightlifting in *Padepokan Gajah Lampung* are excellent, evidenced by the achievements that have been achieved through national level, Asia and the world.

**Keyword:** program evaluation, weightlifting, powerlifting, development program.

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### INTRODUCTION

Weightlifting is a supreme sport in Lampung Province. It has become a tradition, that weightlifting always presents a medal for every world championship and a national championship. Through systematic sports coaching, the quality of human resources might be directed at improving self-control, responsibility, discipline, sportsmanship, which it can achieve the sports achievements to be a national pride (Hadjarati, 2009). Therefore, the sports development program needs to have more proportional attention through coaching, management, systematic planning and implementation in the scope of national development.

In order to foster or produce an excel athlete, it needs a long-term coaching process which requires systematic, directed, planned and continuous management (Aziz, Sulaiman, & Sugiharto, 2014). Therefore, the achievement needs to elaborate into a comprehensive concept in a tiered and systematic coaching pattern.

Aiming at the national sports development can run as well as possible, it requires important components after identified the training ways. The components in the national sports coaching system are: Objectives, Management, and Factors of workforce, Athletes, Facilities and infrastructure, Program structure and content, Learning resources, Methodology, Evaluation and research, and Funds (Harsuki: 2012) A coaching program is not merely a single activity that completed in a short time, but it is a continuous activity due to it implements the policy. Therefore, a coaching program can take

place in a relatively long period of time. The implementation of the program always occurs in an organization which means; it must involve a group of people.

*Padepokan Gajah Lampung* is organizations or sports clubs aiming to foster and produce Powerlifters and weightlifters with good achievements, both nationally and internationally. *Padepokan Gajah Lampung* has been established since the 1979s which were founded by former weightlifters and have gold achievements in the era 1970s. The name of *Padepokan Gajah Lampung* is a nickname given by the community because of its achievements. Aside from being a trainer, the founder of *Padepokan Gajah Lampung* is the organizer or coach of Pengprov PABBSI Lampung.

Not only weightlifting sports, but Lampung also has good potential in other outstanding sports such as baseball, softball, gymnastics, and athletics. The achievements presented in national multi-event championships or PON, those sport is able to present medals even though not as much as the powerlifting and weightlifting sports.

In each multievent championship such as the National Sports Week (PON), weightlifting and powerlifting dominate to present medals and become one of the most chances of the sport to present medals for Lampung Province. Based on data of PON Riau (2012), the lifter athletes of *Padepokan Gajah Lampung* presented 9 gold medals, 5 silver medals, and 6 bronze medals (Public Relations & Law Bureau, 2013). The achievements of athletes in Lampung showed that all the sports field beside the powerlifting and weightlifting sports also have contributed greatly to determining the position of Lampung Province in participating in the National Sports Week (PON) and also making Lampung Province become the center for training in fostering the sports powerlifting and weightlifting.

In international achievements, they followed the Asian Weightlifting Championships in Hong Kong, July 2015 and International Weightlifting Federation World Championship in Luxemburg, November 2015. The event in Hongkong was attended by nine Asian countries. They were Kazakhstan, India, Japan, Taipei, Iran, Oman, South Korea, Indonesia, and Hong Kong as the hosts. In the international championship, lifters from Lampung won 13 gold medals in Hongkong. Meanwhile, and International Weightlifting Federation World Championship in Luxemburg in November 2015, they only sent 2 female weightlifters and won gold and bronze medals in class 57 kg and 63 kg.

An implementation of coaching process is the club managed by the branch manager (Pencab), the regional administrator (Pengda) or the provincial administrator (Pengprov) in the sports development process heading to optimal achievement, that is the club (sports association) into a strategic position. This is because the sports club is in the leading position that operationally conducts direct coaching to athletes in the form of a training process. Then, it declares that the sports club is a spearhead of achievement sports development.

*Padepokan Gajah Lampung* achieved 5 gold medals, 2 silver medals and 5 bronze medals at PON 2016 in West Java. Previously, at PON XVIII in Riau on 2012, they achieved 9 gold medals, 5 silver medals and 6 bronzes presented by the lifters from the total 35 medals obtained by Lampung province (Legal & Employment Public Relations Bureau 2013). Meanwhile, the lifters from *Padepokan Gajah Lampung* presented 11 gold medals at PON XVI 2004 in Palembang, South Sumatra, and presented 14 gold medals at PON XVII 2008 in Samarinda, East Kalimantan. The achievement of *Padepokan Gajah Lampung* in the National Sports Week (PON) might be stated as decreasing due to equalization of developing the program of the weightlifting and powerlifting in Indonesia which is increasingly competitive and often imitates the developing models of *Padepokan Gajah Lampung*. However, *Padepokan Gajah Lampung* is a center of weightlifters and powerlifting athlete with level national and international championships, that proved by the achievement records obtained by *Padepokan Gajah Lampung*.

The achievement obtained due to the long-term, continually and programmatic development process. Therefore, a researcher interested in conducting a study through scientific studies entitled "an evaluation of powerlifting and weightlifting development program in *Padepokan Gajah Lampung*." How are the development model applied in *Padepokan Gajah Lampung* and the development model can be used as a reference or guideline for the other branch sports, if after this research is ideal to apply.

This study was aimed to evaluate the implementation of Powerlifting and Weightlifting Development Program in *Padepokan Gajah Lampung*.

## METHOD

Based on the research objectives, the type of research was evaluation research. This study aimed to obtain accurate and objective information, make careful measurements of certain things in the development program of weightlifters and powerlifters in Padepokan Gajah Lampung. Based on the accuracy and objectivity of the obtained information, can then determine the value or success rate of the developing program to be used as a reference and a consideration in making decisions to improve the implementation of the developing program.

The research used non-statistical qualitative research methods. Qualitative methods aim to understand the phenomena naturally in natural conditions. In its implementation, the qualitative data analysis research aims at the process of extracting meaning, description, explanation, and placement of data in their respective contexts (Arikunto & Jabar 2014).

The approach in this program evaluation research was the CIPP evaluation model in terms of the context, input, process and product stages, which means obtaining accurate and objective information and comparing the achievement of weightlifting and powerlifting development program in the Padepokan Gajah Lampung with the established standards.

This research conducted at Padepokan Gajah Lampung which is also a training ground for national athletes, located on Jl. Ahmad Yani No.7 Pringsewu Regency, Lampung Province. The research conducted from April to May 2016.

Sugiyono (2014) stated that population is an area of generalization consisting of objects/subjects having certain qualities and characteristics set by the researcher to be studied and continue to draw conclusions. In short, the population is not only people but also objects and other natural objects. In line with the opinion by Arikunto (2013), the population is the overall subject of the study. The population in this study was weightlifters and powerlifters in Padepokan Gajah Lampung.

The sample is part of the number and characteristics of the population (Sugiyono: 2014). In line with Arikunto (2013) stated that the sample is part or representative of the population of the study. Respondents were selected by purposive sampling technique, which a selection technique based on the consideration, criteria or certain characteristics in line with research objectives. The respondents were 1 organizer, 2 trainers, 2 coaching staff, and 25 weightlifters and powerlifters in Padepokan Gajah Lampung. The selected respondents are those who have achieved achievements both at regional and national levels. Respondents who met the criteria and are considered know the development program of weightlifters and powerlifters in Padepokan Gajah Lampung.

Data collection techniques are the most strategic step in research because the main objective of the research is to obtain data (Sugiyono, 2014). Furthermore (Sugiyono, 2014) stated that viewed from the data source, data collection used primary sources and secondary data. Primary sources are data sources that directly provide data to data collectors, and secondary data sources are sources that do not directly provide data to data collectors, for example through other person or documents. Data collection techniques were observation, interviews, and documentation.

Hadi (Sugiyono, 2009) stated that observation is a complex process and a process composed of various biological and psychological processes. Two of the most important are the processes of observation and memory. Observation is a systematic observation and recording of the symptoms in the object of the research. Observations divide into two; participatory observation and non-participatory observation. In this study, observations used participatory observation; the observer (subject) participates into the activities of observation and nonparticipative; the observer (expert) does not participate in the act of observation (Maksum, 2012). Observation is also called observation, including the activity of observing an object by using all the senses (Arikunto, 2013). The observation might be done through the sight, smell, sound, touch, and taste.

Observations were carried out on the components of the context, input, process, and results of a program. Data collection technique of observation is used to strengthen the results of interviews that will be carried out in the process of program development implementation of weightlifters and powerlifters in *Padepokan Gajah Lampung*.

The interview is a conversation with a specific purpose; the conversation is carried out by two parties; a person who asks the question and the interviewee who provides the answer of the question (Moleong, 2012). The Interview method of the study was direct interviews performing using guides or interview instructions, which contain an outline of the points in question aiming the planned points can

be fully covered. The interview technique was free and guided – the researcher asks questions freely, but follows the preparation of interview guideline.

According to Moleong (2012), the documentation method is a method of data collection which is done by studying the documents; every written material both internal and external. The document is a record of past events (Sugiyono, 2014). Documents included personal documents and official documents. From the documents relating the problem of the research, then, the researcher conducts an assessment to its contents in order the conclusions can be drawn. The documentation instruments were obtained through certificates, training programs, dictates, championship schedules, and achievements obtained by athletes of *Padepokan Gajah Lampung*.

Various documents as supporting data are magazines, bulletins, photos of activities and other information materials produced by a social institution and so on which are needed in the research.

Qualitative data analysis carries out when the empirical data is qualitative data in the form of tangible words, not a series of numbers and cannot be arranged into categories/classification structures. Data might collect through a variety of ways (observation, interview, document essence, and recording) and are usually processed first before they are ready for use (through recording, typing, editing, or writing), but qualitative analysis still uses words that are usually arranged into an expanded text, and not using mathematical or statistical calculations as a tool for analysis.

According to Miles & Huberman (Sugiyono, 2014), the analysis activity consists of three activities occurring simultaneously, that is data reduction, data presentation, and drawing conclusion/verification. Occurring simultaneously means the data reduction, data presentation, and drawing conclusions/verification as a correlated thing is a cycle process and interaction at the time before, during, and after collecting data in a parallel form that builds a general insight, called as "analysis".

Data analysis techniques in the particular qualitative research included transcripts of interviews, data reduction, analysis, data interpretation, and triangulation. A conclusion is drawn from the results of data analysis.

Data reduction is related to analysis. Data reduction is interpreted as a selection process, focusing on simplifying, abstracting, and transforming the raw data arising from written records in the field. Data reduction activities take place continuously, especially during qualitative-oriented projects or during the data collection. There is a reduction stage during the data collection, which is making summaries, coding, tracing themes, creating clusters, making partitions, and writing memos.

Data reduction is a form of analysis that sharpens, classifies, directs, discards unnecessary, and organizes data in such a way that conclusions can eventually be drawn and verified. Data reduction or transformation process continues after field research, until a complete final report is prepared. So in qualitative research can be simplified and transformed in various ways: through rigorous selection, through summary or description of sigkat, categorizing in a broader pattern, and so on.

Not only using data reduction, but the researcher also used the Triangulation technique to check the validity of the data. Wiliam Wiersma (Sugiyono, 2014), Triangulation is qualitative cross-validation. It assesses data sources or multiple data collection procedures. Triangulation in credibility test is defined as checking data from various sources in various ways, and at various times. Thus, there is source triangulation, triangulation of data collection techniques, and time.

In this study, the researcher used triangulation techniques to test the data validity. That is, by checking the data to the same resource with different techniques. The data obtained from interviews to management and athletes are then checked by observation or documentation.

After that, it continues to draw conclusions and verification. When conducting the data collection, analysts in the qualitative research begin to look for the meaning of things, record the order, patterns, explanations, possible configurations, causal flows, and propositions. The conclusions that were initially unclear will then increase to be more detail. The "final" conclusions will emerge depending on the size of the field notes, coding, storage, and retrieval methods, the ability of the researcher, and the demands from the financial fund, but the conclusions often have been formulated earlier since the beginning.

## **RESULT AND DISCUSSION**

Lampung is the southernmost province on the island of Sumatra. Geographically, Lampung Province located in the position: east-west is between 103° 40' - 105° 50' East Longitude North-South is between 6° 45' - 3° 45' South Latitude. Meanwhile, in Teluk Semaka is Kota Agung (Tanggamus

Regency). In the north, Lampung province has to border with Bengkulu and Sumatra Selatan Province. Lampung has 2 cities and 13 regencies. One of the regencies is Pringsewu.

*Padepokan Gajah Lampung* is organizations or sports clubs aiming to foster and produce Powerlifters and weightlifters with good achievements, both nationally and internationally. *Padepokan Gajah Lampung* has been established since the 1979s which were founded by former weightlifters and have gold achievements in the era 1970s. The name of *Padepokan Gajah Lampung* is a nickname given by the community because of its achievements. Aside from being a trainer, the founder of *Padepokan Gajah Lampung* is the organizer or coach of Pengprov PABBSI Lampung.

In this study, there were 30 research respondents. Subjects were 1 manager/head coach, 2 trainers, 2 assistant coaches and 25 weightlifters and powerlifters in *Padepokan Gajah Lampung*.

### **Contexts Evaluation**

Hogan (2007) stated that "Context evaluation focuses on such factors such as the correct identification of training needs and the setting of objectives in relation to the organization's culture and climate". Arikunto & Jabar (2014), context is an elaboration of the situation, conditions, and background affecting the types of goals and strategies that will be developed and achieved in the program system concerned. Context evaluation in the particular discussion explained the vision and mission of fostering and planning of development program of weightlifting and powerlifting in *Padepokan Gajah Lampung*.

Based on the results of interviews, observations and documents related to the purpose of the development program in *Padepokan Gajah Lampung*, ie to make a sports knight who is always ready to defend *The Sang Saka Merah Putih* (Indonesian National Flag) by empowering the human resources in the area around of *Padepokan Gajah Lampung*. The implementation of the development program at *Padepokan Gajah Lampung* is carried out in stages and levels - this makes a strong foundation in order the achievement of the program can be well structured.

Thus, an evaluation of the context in the weightlifting and powerlifting in *Padepokan Gajah Lampung* has a clear purpose and program in the system.

### **Input Evaluation**

Input evaluation is an activity to analyze the human resources to achieve the program objectives - in this case, was coaches, athletes, and other factors such as facilities and infrastructure, funding and environmental support. In line with Sudjana (2008), input evaluation aims to provide data to determine how to use resources to be used to achieve the program objectives.

### **Coach**

The coaches at *Padepokan Gajah Lampung* have a background of outstanding athletes. The experience of an outstanding athlete is shown by the success of weightlifters and powerlifters athletes in every championship that is consistent till today. Harsono (2015) stated that there are three things in supporting the success of a coach, they are (1) educational background in the sciences related to sports, (2) experience in sports, both as an athlete and as a coach, (3) motivation to always enrich them with knowledge, which is up-to-date about sports.

### **Athlete**

*Padepokan Gajah Lampung* still carries out the development process. The consistency of *Padepokan Gajah Lampung* in developing athletes in the weightlifting and powerlifting sports is difficult to compete with other sports. From year to year, this weightlifting and powerlifting sport always present quality athletes.

Based on observation and documentation, there are 6 athletes in the beginner category, 21 athletes in the adult category, and 20 athletes of weightlifters and powerlifters in the senior category. The beginner and adult categories have the most number; this proves that the weightlifting and weightlifting sport is quite popular among adult.

### **Facilities and Infrastructure**

Infrastructures and facilities essentially are tool and building that is designed according to certain needs and requirements as a tool and supporting the sports activities. Facilities and

infrastructure have a big influence on the achievements of athletes because the better the infrastructure will improve the ability of athletes to train their talents. Facilities and infrastructure at *Padepokan Gajah Lampung* are equipped with dormitories for the residence of weightlifters and powerlifter athletes.

### **Funding**

Based on observation and documentation, the source of developing program funding at *Padepokan Gajah Lampung* only comes from the *Padepokan* itself.

### **Process Evaluation**

Process evaluation is an evaluation directed at how far the activities carried out in the program. In this case, it will examine whether implemented or not a determined program. Widoyoko (2016), process evaluation is used to detect or predict the procedure design or implementation plan, provide information to make program decisions and as a recording or archive of procedures. This opinion is in line with Stufflebeam (2003) that process evaluations assess the implementation of plans to help staff carry out activities and later help the broad group of users' judge program performance and interpret outcomes.

Process evaluation at *Padepokan Gajah Lampung* includes the implementation of the training program, exercise schedule and evaluation/monitoring of the training program. In the implementation of the training program, the training schedule at *Padepokan Gajah Lampung* is held every morning and afternoon, except Thursday and Sunday, *Padepokan Gajah Lampung* closes the exercises for rest.

Furthermore, the evaluation is carried out by the coach after completing training in the evening in order the coach provides improvements to the athletes if there is an error during the training process. The developing program for weightlifters and powerlifters in *Padepokan Gajah Lampung* does not present transparently because when the researcher conducted research, the athletes were focused on preparation the Pre-Pon in West Java. The following is the description of the training program at *Padepokan Gajah Lampung*.

The training activities at *Padepokan Gajah Lampung* are carried out every day except Thursday and Sunday. The training starts from 08.00-10.00 in the morning, and the afternoon starts at 16.00-18.00. The majority of training in the morning was followed by senior athletes who lived in the dormitory because adult and beginners have school activities in the morning. Based on interviews with ES stated that "Training programs for junior athletes and adults also adapt with the match schedule, it could be Sunday which is supposed to be a rest, but they keep practice, and vice versa".

*Padepokan Gajah Lampung* has a good development program of weightlifters and powerlifters. The training program is a supporting component that is related to the content of the exercise, length of exercise, training load and others. Although the training program cannot be shown in writing but based on the observations, *Padepokan Gajah Lampung* in conducting the training has fulfilled the principles of training, such as warming up before training, there is a principle of overload, and there are individual principles.

In line with Bompa (2009) stated that all components of training must be improved according to the improvement or progress achieved by the athlete as a whole and monitored correctly. In designing an exercise process must consider all aspects of the training component in the form of distance and the number of repetitions (volume), load and speed (intensity), frequency of appearance (density), and the training activity complex. Components of exercise are key or important things that must be considered in determining the receipt and load of exercise.

### **Product Evaluation**

Product evaluation in the particular study described the results of achievements in *Padepokan Gajah Lampung*. The achievements cannot be obtained instantly due to requires maximum effort from various parties and a long period of time. Lumintuarso (2013) "The development of performance and achievement is an accumulation of physical qualities, techniques, tactics, and maturity of sportsman psychics that are prepared systematically through the right development process".

This opinion by Lumintuarso (2013) is also in line with the opinion of Sudjana (2008) that product evaluation measures and interprets the program achievements during program implementation

and at the end of the program. Therefore, sports achievements cannot obtain easily and instantly. To achieve the achievement, it requires maximum effort from various parties and a long period of time.

Efforts to achieve the optimal performance are influenced by the quality of training, meanwhile the quality of training is determined by a variety of supporting factors, such as the ability and personality of the coach, facilities and equipment, research results, competition and athlete abilities including talent and motivation, nutrition and lifestyle of athlete (KONI DIY, 2005). In line with (Susanto & Lismadiana, 2016), the quality of training does not depend on the coach but also depend on many factors. Therefore, all factors can improve the quality of training more effectively and constantly improve, such as facilities and abilities of athletes, as well as training programs.

Ghosh (Ismoko & Sukoco, 2013) also stated that Knowledge or skill behavior through learning experience to achieve effective performance in an activity or range of activities. In principle, training is a process of change towards a better improvement, aiming to improve: physical quality, functional ability of body equipment, and the psychological quality of trainee (Sukadiyanto, 2011).

Based on documentation and interviews, the development products performed by *Padepokan Gajah Lampung* can be used as a reference or guideline for other sports. The achievements achieved by the athletes in *Padepokan Gajah Lampung* are very good with proved by the medals from level both nationally and internationally.

Delice (2016) stated that all successful athletes must maintain an ability to tune out any distractions from the outside world and create zone likes to focus on their goals. This opinion is supported by Johnson (2011) in his research, stated "Training athletes to become "champions" in sport, and more importantly, life can provide many individuals with opportunities to produce peak performance".

The quotation explains that all athletes must maintain their ability to tune out any outside distraction and create a focus on the goals, and the most important thing is to respect the life as an athlete. Then, they can continue to generate opportunities for achievement.

## **CONCLUSION**

The results of the context evaluation (the purpose of program development and planning) proved that the weightlifting and powerlifting program in *Padepokan Gajah Lampung* had run well. The development program in *Padepokan Gajah Lampung* is carried out independently or does not involve many people – that is an advantage of consistency in creating weightlifters and powerlifters in Lampung to date. The results of the input evaluation (coach, athletes, facilities and infrastructure, funding, and environmental support) proved that the development program of weight lifting and powerlifting in *Padepokan Gajah Lampung* in terms of each indicator has advantages and disadvantages. The results of the evaluation process (the implementation of the training program) in *Padepokan Gajah Lampung* with indicators of training activities; the monitoring carried out by the management had run well. The results of the product evaluation (achievements) of weightlifters and powerlifters in *Padepokan Gajah Lampung* have good achievements with proved by the achievements in each of their participation in national and international level championships.

## **Recommendations**

Based on the findings and conclusions, as well as the research purpose and objective, the suggestions and recommendations submitted by the researcher are: The implementation of the development program in *Padepokan Gajah Lampung* has in accordance with the principles of training, and it needs to be maintained and enhanced by a variety of training methods. The programs preparation and regeneration must be more intense to overcome the shortage of athletes for a tiered development process able to run better.

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