

ABSTRAK

Islamiyah, Nurul Masyrifatul. 2021. Model Latihan Beladiri UKM PSHT Unipa Surabaya Berbasis Protokol Kesehatan di Era *New Normal*. Program Studi Pendidikan Jasmani, Fakultas Pedagogi dan Psikologi Universitas PGRI Adi Buana Surabaya, Dosen Pembimbing : (1) Dr. Harwanto, ST.,M.Pd Pembimbing (2) Ramadhany Hananto P, S.Pd.,M.Pd

Kata Kunci : Protokol Kesehatan, Era *New Normal*

Penelitian ini bertujuan untuk mengetahui model latihan UKM PSHT Unipa Surabaya di masa Pandemi Covid-19 menuju *New Normal*. Jenis penelitian ini adalah penelitian deskriptif kualitatif, populasi pada penelitian ini adalah siswa dan pelatih UKM PSHT Unipa Surabaya. Sample penelitian ini adalah siswa Instrumen yang digunakan yaitu observasi dan dokumentasi. Hasil penelitian menunjukan saat terjadinya pandemi Covid-19 dan diberlakukan *Lockdown/PSBB* latihan diberhentikan selama 4 bulan, lalu latihan dilakukan secara mandiri dan melalui daring menggunakan aplikasi *Zoom* latihan menjadi tidak efektif dan berdampak pada penurunan kondisi fisik, mental dan pisikomotor pada siswa UKM PSHT Unipa Surabaya. Setelah selesainya *Lockdown* dan *PSBB* latihan diaktifkan kembali dengan tetap mentaati protokol kesehatan untuk menghindari tertularnya virus Covid-19, mulai dari mencuci tangan sebelum memasuki tempat latihan, *physical distancing* dengan merubah variasi barisan, menggunakan masker saat istirahat latihan dan melakukan *training from home* lebih efektif dan terkontrol, siswa menjadi lebih bersemangat, senang, merangsang daya ingat, dan dapat melatih kreatifitas.

ABSTRACT

Islamiyah, Nurul Masyrifatul. 2021. The Unipa Surabaya PSHT UKM Martial Arts Training Model Based on Health Protocols in the Era *New Normal*. Physical Education Study Program, Faculty of Pedagogy and Pisikology, Universitas PGRI Adi Buana Surabaya, Supervisor: (1) Dr. Harwanto, ST, .M.Pd Advisor (2) Ramadhany Hananto P, S.Pd, .M.Pd

Keywords : Health Protocols,Era *New Normal*

This research aims to determine the training model of UKM PSHT Unipa Surabaya during the Covid-19 Pandemic. towards *New Normal*. This type of research is a qualitative descriptive study, the population in this study were students and trainers of the PSHT Unipa Surabaya UKM. The samples of this research were students. The instruments used were observation and documentation. The results showed when pandemics Covid-19 and enforced *Lockdown*/PSBB exercise dismissed for 4 months, then the exercise was carried out independently and through online using apps *Zoom* workout becomes ineffective and the impact on the physical, mental and pisikomotor on student UKM PSHT Unipa Surabaya. After the completion of the *Lockdown* and PSBB training is reactivated by still adhering to health protocols to avoid contracting the Covid-19 virus, starting from washing hands before entering the training ground, *physical distancing* by changing line variations, using masks during training breaks and doing *training from home* more effectively and controlled, students become more excited, happy, stimulate memory, and can practice creativity.