



The Reflection on Physical Conditioning Vocabulary in Teacher Handbook of Physical Education, Sports, and Health

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Abstract. Vocabulary is an important thing in reading. Through a series of words, a person can find, understand, evaluate, and reflect on a reading, including the readings in the physical education, sports, and health teacher's guidebook. (PJOK books). The book focuses on physical conditioning. This study aims to (1) compare the number of vocabulary between PJOK books for the high school level, (2) identify favorite vocabulary of sports and health physical education books, and (3) reflect on the type of favorite sports for students' physical conditioning. In this case, the documentation method is used. The data comes from the PJOK Teacher's Guidebook, Emancipated Learning Curriculum, High School Level, 2022. The data was processed using the Ant Word Profiler 2.0.0 corpus program assisted by manual analysis to determine favorite vocabulary. The results show that (1) the higher the class, the less vocabulary is presented, (2) the first and second favorite vocabulary are "and" and "which" which are conjunctions. As for keywords for physical conditioning, such as ball, motion, games, and activities appear in the top twenty of favorite vocabulary. (3) The results of the reflection show that sports for physical conditioning refer to games and movements for types of sports related to football, basketball, softball, volleyball, gymnastics, athletics (running), and walking. There is badminton for class X, swimming for class XII, *silat* for classes XI and XII.

Keywords: vocabulary, physical conditioning, PJOK Introduction

1. Introduction

Vocabulary is an important thing in reading. Through a series of words, a person can find, understand, evaluate, and reflect on a reading, including the readings in the Physical Education, Sports, and Health or PJOK Teacher Handbook. The book focuses on physical conditioning. In linguistics, there is a different concept of a word. Terms such as token, type, lemma, or headword are often used to denote a different meaning from the term "word". A token (running word) is a single occurrence of a word form in a text or corpus, often also referred to as the word count. Types is the unique form in a text or corpus. Lema denotes all forms of inflection, affixation, reduplication, and

composition that belong to one stem and one-word class (1)(2)(3). In this paper, vocabulary includes favorite vocabulary referring to types.

Fitness is necessary for everyone to perform daily activities well. Fitness is a condition of a person who does not feel tired easily even after doing various activities(4)(5). Physical fitness can be obtained by doing exercise regularly. Good fitness is also correlated with good sleep quality(6). A good level of physical fitness will reflect the following characteristics: (a) Strong enough to perform daily tasks or other emergency or sudden tasks, (b) Can complete daily tasks without significant fatigue, (c) Have cardiovascular endurance to perform strenuous work, (d) Have agility to be able to move freely, (e) Have the speed to be able to move quickly in response to emergencies, (f) Can control coordinating body movements seamlessly.

This study aims to (1) compare the number of vocabulary between PJOK books for high school level, (2) identify favorite vocabulary of sports and health physical education textbooks, (3) reflect on the type of favorite sports for students' physical fitness.

2. Method

In this case, the documentation method is used. The data comes from the PJOK Teacher's Guidebook, Emansipated Learning Curriculum, Senior High School (SMA) or Madrasah Aliyah (MA) level, in 2022 with a link <https://buku.kemdikbud.go.id/katalog/buku-kurikulum-merdeka>

Here is the identity of the book: PJOK Teacher's Handbook Class X, 312 pages; PJOK Teacher's Handbook for Class XI, 312 pages; PJOK Teacher's Handbook for Class XII, 328 pages.

The data was processed using a corpus program Ant Word Profiler 2.0.0 ^{100%} assisted by manual analysis to determine favorite vocabulary. The corpus program can be downloaded for free at <https://www.laurenceanthony.net/software/antwordprofiler/>.

3. Result and Discussion

Based on the calculation results, the number of types, tokens, and headwords for the three PJOK books is as follows.

Table 1 The number of types, tokens, and headwords

	Pages	types	tokens	head- word types
PJOK Grade 10	312	4159	58374	4109
PJOK Class XI	312	4126	61739	4106
PJOK class XII	328	3973	62020	3953

In terms of type and headwords, there is a decrease in the number from class X to class XI and to class XII, although in terms of tokens (number of words), there is an increase. The increase in the number of tokens occurred because there was an increase in the number of pages, specifically from class XI to class XII. Ideally, the higher the class, the higher the number of headlines.

- The word with the most frequency of occurrence (favorite vocabulary) for PJOK books is taken from 20 sequences. Here are the details.

Table 2 PJOK's Favorite Words

CLASS X		CLASS XI		CLASS XII	
TYPES	FREQ	TYPES	FREQ	TYPES	FREQ
1 dan 'and'	1928	dan 'and'	2387	dan 'and'	2390
2 yang 'that'	1682	yang 'that' pembelajaran	1632	yang 'that' pembelajaran	1638
3 siswa 'student' pembelajaran	1169	'learning' dengan	1351	'learning' dengan	1357
4 'learning' dengan	1075	'with' aktivitas 'ac-	1281	'with' aktivitas 'activ-	1283
5 'with'	1014	tivity'	948	ity'	948
6 dalam 'in'	801	gerak 'motion' siswa 'stu-	896	gerak 'motion'	919
7 untuk 'to'	752	dent' keterampilan	818	siswa 'student' keterampilan	822
8 bola 'ball'	712	'skills'	775	'skills'	777
9 guru 'teacher' permainan	686	untuk 'to'	689	untuk 'to'	693
10 'game'	543	dalam 'in'	655	dalam 'in'	656
11 di 'at'	528	guru 'teacher'	640	guru 'teacher'	642
12 gerak 'motion'	508	bola 'ball'	637	bola 'ball'	639
13 atau 'or'	483	di 'at'	521	di 'at'	522

			melakukan		
14	pada 'at'	471	'do'	438	melakukan 'do'
15	dari 'from'	455	untuk 'to'	423	untuk 'to'
16	aktivitas 'activ- ity'	410	dapat 'can'	411	dapat 'can'
17	movement	397	Hiv	399	Hiv
18	dapat 'can'	390	a	376	a
19	ke 'to'	357	game	361	game
20	kegiatan 'Activi- ties'	330	or	354	or

This shows that the favorite vocabulary for physical education and sports lessons in the first and second order is "and" followed by the word "yang" which is a conjunction. This is common in other textbooks(8)(9). Keywords for physical conditioning, such as ball, motion, games, and activities appear in the top twenty of favorite vocabulary.

The frequency of the words "fitness" and "body" as well as several keywords of physical strength in the three books appear with the following numbers.

Table 3 Frequency of Vocabulary Related to Physical Conditioning

TYPES	FREQ		
	CLASS X	CLASS XI	CLASS XII
kebugaran 'fitness'	88	139	139
jasmani 'physical'	176	232	233
kesehatan 'health'	85	113	116
olahraga 'sport'	121	108	111
permainan 'game'	543	361	364
praktik 'practice'	47	97	97
gerak 'motion'	508	896	919
gerakan 'movement'	397	248	252
bergerak 'move'	19	46	20

Based on the table, it appears that the types "gerak", "gerakan", dan "bergerak" are the focus of physical conditioning. In addition, the word *permainan* 'game' that appears in all classes also shows the joy of trying to acquire or maintain physical conditioning through fun sports.

The type of favorite sport is reflected in the large amount of vocabulary related to it in the book. Here is the list.

Table 4 Types of Exercise for Physical Conditioning

TYPES	FREQ		
	CLASS X	CLASS XI	CLASS XII
bola 'ball'	712	637	639

basket 'basketball'	128	167	167
sepak (bola) 'soccer'	88	3	5
sofbal 'Softball'	0	123	124
voli 'Volleyball'	95	118	118
senam 'Gymnastics'	70	103	103
lari 'run'	69	103	162
atletik 'athletics'	80	6	28
jalan 'walk'	50	67	36
tolak peluru	23	0	0
bulutangkis 'badminton'	81	1	1
renang 'Swimming'	7	1	89
silat	1	71	83
rugby	0	1	0
hoki 'hockey'	0	1	0

In the table, it appears that sports related to physical conditioning refer to games and movements for the types of sports related to football, basketball, softball, volleyball, gymnastics, and athletics (running, walking). In particular, there is badminton for class X, swimming for class XII, and *silat* for classes XI and XII.

Based on this, it can be said that "movement" is the focus of physical conditioning. The movement is manifested through exhilarating games that refer to favorite sports related to football, basketball, softball, volleyball, gymnastics, athletics (running), and walking.

3. Closing

Based on the discussion carried out, it can be concluded that (1) The number of vocabulary between PJOK SMA/MA books does not show an increase to the class above it. Ideally, the higher the class, the more vocabulary; (2) favorite vocabulary is conjunctions (the words "which" and "and"), keywords for physical conditioning, such as ball, motion, games, and activities also appear; (3) Reflections on favorite sports are as follows: "Movement" is the focus of physical conditioning which is manifested through exhilarating games in sports related to football, basketball, softball, volleyball, gymnastics, athletics (running), and walking. Physical conditioning is not only important for school students and university students, but also important for everyone including migrant workers.

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