

## INTISARI

### HARAPAN MAHASISWA RUMPUN KESEHATAN TERHADAP MODUL ELEKTIF TENTANG PERESEAPAN AKTIVITAS FISIK BERBASIS MASSIVE OPEN ONLINE COURSE (MOOC)

**Latar Belakang.** Tenaga kesehatan yang terbiasa dengan gaya hidup sehat sejak menempuh pendidikan akan mampu memberikan edukasi terkait pereseapan aktivitas fisik dengan lebih baik. Namun, penelitian menyebutkan bahwa tingkat aktivitas fisik mahasiswa rumpun kesehatan secara umum tergolong rendah. Pemberian kuliah kedokteran olahraga dan promosi aktivitas fisik terbukti efektif dalam mengatasi hal ini dan kegiatan belajar mandiri melalui platform *Massive Open Online Course* (MOOC) dapat menjadi alternatif. Akan tetapi, modul pembelajaran berbasis MOOC memiliki beberapa kekurangan dan angka *drop out* pengguna yang tinggi. Diperlukan penyusunan modul secara komprehensif, salah satunya dengan metode ko-kreasi, agar modul dapat sesuai dengan kebutuhan dan harapan peserta sehingga akan memberikan luaran yang lebih baik.

**Tujuan.** Untuk mengetahui bagaimana harapan mahasiswa rumpun kesehatan terhadap modul elektif tentang pereseapan aktivitas fisik berbasis *Massive Open Online Course* (MOOC).

**Metode.** Penelitian ini merupakan penelitian kualitatif dengan desain analisis tematik. Seluruh tahapan penelitian dilaksanakan secara daring. Data yang digunakan dalam penelitian ini merupakan data primer yang diambil melalui wawancara mendalam semi-terstruktur. Wawancara dilakukan di lokasi masing-masing melalui aplikasi Zoom Meeting. Sampel dipilih menggunakan *maximum variation sampling* untuk memperluas representasi variasi sampel, antara lain wilayah geografis asal universitas, program studi, dan tahun angkatan. Analisis dalam penelitian ini dilakukan menggunakan *framework method analysis* dan melibatkan dua peneliti yang bekerja secara independen.

**Hasil.** Tujuan pembelajaran yang diharapkan meliputi tiga domain of learning, yaitu: domain kognitif (pengetahuan), domain psikomotoris (keterampilan), dan domain afektif (sikap). Konten modul diharapkan dapat memuat variasi materi dan disusun dengan penuh pertimbangan. Metode penyampaian materi yang diharapkan adalah ceramah, peragaan tidak langsung, dan kombinasi keduanya. Materi sebaiknya disampaikan secara jelas, mudah dipahami, dan menarik. Asesmen yang diharapkan berupa penugasan dan ujian tertulis, perumusan asesmen perlu memerhatikan komponen-komponen asesmen. Umpan balik yang komprehensif penting untuk diberikan setelah asesmen selesai dilaksanakan.

**Kata Kunci.** Mahasiswa, modul pembelajaran, pereseapan aktivitas fisik, MOOC.

## ABSTRACT

### EXPECTATIONS OF MEDICAL STUDENTS ON ELECTIVE MODULES ABOUT PHYSICAL ACTIVITY PRESCRIBING BASED ON MASSIVE OPEN ONLINE COURSE (MOOC)

**Background.** Health workers who are used to a healthy lifestyle since their college years will be able to provide better education related to physical activity prescribing. However, research suggests that physical activity levels among health students are generally low. Providing them with sports medicine and physical activity promotion lectures has proven to be effective in overcoming this and self-study activities through Massive Open Online Course (MOOC) platforms can be an alternative. However, MOOC-based learning modules have several drawbacks and high user dropout rates. A comprehensive module development is needed, one of which is the co-creation method, so that the module can meet the needs and expectations of participants so that it will provide better outcomes.

**Objective.** To find out about the expectations of medical students on the elective module about physical activity prescribing based on Massive Open Online Course (MOOC).

**Method.** This research is a qualitative study with a thematic analysis design. All stages of the research were conducted online. The data used in this research is primary data taken through in-depth semi-structured interviews. Interviews were conducted at their respective locations through the Zoom Meeting application. The sample was selected using maximum variation sampling to expand the representation of sample variations, including the geographical area of origin of the university, study program, and class year. The analysis in this research was conducted using framework method analysis and involved two researchers working independently.

**Result.** The expected learning objectives include three domains of learning, namely: cognitive domain (knowledge), psychomotor domain (skills), and affective domain (behaviour). The module content is expected to contain a variety of materials and is prepared thoughtfully. The expected methods of material delivery are lectures, indirect demonstrations, and a combination of both. The material should be presented clearly, easily understood and interesting. Assessment is expected to be in the form of assignments and written exams, the formulation of assessments needs to pay attention to the components of the assessment. It is important to provide comprehensive feedback after the assessment is completed.

**Keyword.** Students, learning modules, physical activity prescribing, MOOC.