

DAFTAR PUSTAKA

- Adams, W. C. 2015. Conducting semi-structured interviews. *Handbook of practical program evaluation*, 492-505.
- Aditya D, Tamonsang M, Suhariadi F, Hartini S. 2022. Analisis Pengaruh Hubungan antara Value Co-creation terhadap Perilaku Word of Mouth Konsumen Muslim di Indonesia Penggunaan Jasa Telemedicine. *Jurnal Ilmiah Ekonomi Islam*, 8(3), 2593 – 2602.
- AECT (Association for Education and Communication). 1997. *The definition of educational technology*. Washington: Association for Educational Communication and Technology.
- Akgul, Y. 2018. Accessibility Evaluation of Moocs' Websites Of Turkey. *Journal of Life Economics*, 5(4), 23-36.
- Ali, S. 2019. Impacts of watching videos on academic performance at university level. *European Journal of Education Studies*. 6(3), 114-125
- Altika, W. 2023. Analisis Penggunaan Asesmen Formatif Sebagai Alat Penilaian Perkembangan Dan Pembelajaran Anak Usia Dini Di TK IT Al-Azka Kota Jambi. *INNOVATIVE: Journal Of Social Science Research*, 3(2), 13501-13513.
- Ananda, R., & Amiruddin, A. 2019. *Perencanaan pembelajaran*. Medan: Lembaga Peduli Pengembangan Pendidikan Indonesia (LPPPI).
- Annamayra, A., Ramli, R. S., & Nur, L. 2022. Description of Physical Activity Level of Medical Faculty Students of Pasundan University in The New Normal Era. *Jurnal Maenpo: Jurnal Pendidikan Jasmani Kesehatan dan Rekreasi*, 12(2), 206-218.
- Ardianti, Y., & Amalia, N. 2022. Kurikulum merdeka: Pemaknaan merdeka dalam perencanaan pembelajaran di sekolah dasar. *Jurnal Penelitian Dan Pengembangan Pendidikan*, 6(3), 399-407.
- Arlinghaus, K. R., & Johnston, C. A. 2019. The Importance of Creating Habits and Routine. *American journal of lifestyle medicine*, 13(2), 142-144.
- Ayub, E., Wei, G. W., & Yue, W. S. 2017. Exploring Factors Affecting Learners' Acceptance of MOOCs Based on Kirkpatrick's Model. *Proceedings of the 8th International Conference on E-Education, E-Business, E-Management and E-Learning*, 34-39.
- Aziz, A. 2018. Evaluating the Design Standard of UiTM Massive Open Online Courses. *International Journal of Education and Literacy Studies*, 6(4), 138-151.

- Badan Standar, Kurikulum, dan Asesmen Pendidikan. 2022. *Panduan Pembelajaran dan Asesmen Pendidikan Anak Usia Dini, Pendidikan Dasar, dan Menengah*. Jakarta: Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi Republik Indonesia.
- Batubara, H. H. 2020. *Media Pembelajaran Efektif*. Semarang: Fatawa Publishing
- Beier, C. G., Schmidt, S., Froehlich, C., & Bohnenberger, M. C. 2022. What Co-creation for What Value? A Study at a Brazilian University. *Heliyon*, 8(11), 1-10.
- Bovill, C. & Woolmer, C. 2018. How Conceptualisations of Curriculum in Higher Education Influence Student-staff Co-creation in and of the Curriculum. *Higher Education*, 78(3), 407-422.
- Bovill, C. 2020. Co-creation in Learning and Teaching: The Case for a Whole-class Approach in Higher Education. *Higher education*, 79(6), 1023-1037.
- Bralic, A., & Divjak, B. 2018. Use of MOOCS in traditional classroom: blended learning approach. *European Journal of Open, Distance and E-learning*, 21(1), 34-43.
- Braun, V. & Clarke, V. 2014. *Successful Qualitative Research: A Practical Guide for Beginners*. London: SAGE.
- Braun, V. & Clarke, V. 2022. Conceptual and Design Thinking for Thematic Analysis. *Qualitative Psychology*, 9(1), 3.
- British Educational Communication and Technology Agency (BECTA). 2007. *Harnessing technology schools survey*. Diambil pada tanggal 4 Januari 2024: http://dera.ioe.ac.uk/1554/1/becta_2007_htssfindings_report.pdf
- Bulathwela, S., Pérez-Ortiz, M., Lipani, A., Yilmaz, E., & Shawe-Taylor, J. 2020. Predicting Engagement in Video Lectures. *arXiv preprint arXiv:2006.00592*.
- Burtscher, J., Burtscher, M., & Millet, G. P. 2020. Isolation, Stress, and Physical Inactivity: Vicious Circles Accelerated by COVID-19?. *Scandinavian journal of medicine & science in sports*, 30(8), 1544-1545.
- Campos, R., dos Santos, R. P., & Oliveira, J. 2022. Providing Recommendations for Communities of Learners in MOOCs Ecosystems. *Expert Systems with Applications*, 205, 117510.
- Centers for Disease Control and Prevention. 2022. *Measuring Physical Activity Intensity*. (Diakses pada Agustus 2023). Dapat diakses melalui: <https://www.cdc.gov/physicalactivity/basics/measuring/index.html>

- Centers for Disease Control and Prevention. 2023. *Health Benefits of Physical Activity for Children, Adults, and Adults 65 and Older*. (Diakses pada Agustus 2023). Dapat diakses melalui: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html#adults>
- Concordia University. 2020. *Measuring Physical Activity*. (Diakses pada Agustus 2023). Dapat diakses melalui: <https://www.concordia.ca/cunews/offices/provost/health/topics/physical-activity/measuring-activity.html>
- Connelly, L. M. 2016. Trustworthiness in Qualitative Research. *Medsurg nursing*, 25(6), 435.
- Crisford, P., Winzenberg, T., Venn, A., Schultz, M., Aitken, D., & Cleland, V. 2018. Factors Associated with Physical Activity Promotion by Allied and Other Non-medical Health Professionals: A Systematic Review. *Patient Education and Counseling*, 101(10), 1775-1785.
- Cristancho, S. M., Goldszmidt, M., Lingard, L., & Watling, C. 2018. Qualitative Research Essentials for Medical Education. *Singapore medical journal*, 59(12), 622-627.
- Darmawan, I. 2017. Upaya Meningkatkan Kebugaran Jasmani Siswa Melalui Penjas. *Jurnal Inspirasi Pendidikan*, 7(2), 143-154.
- Dewi, K. W. P., Suyasa, I G. P. D., & Mastryagung, G. A. D., 2022. Tingkat Aktivitas Fisik pada Mahasiswa Sarjana Keperawatan di Masa Pandemi Covid-19. *Jurnal Medika Usada*, 5(2), 27-33.
- Dopo, F.B. and Ismaniati, C., 2016. Persepsi Guru tentang Digital Natives, Sumber Belajar Digital dan Motivasi Memanfaatkan Sumber Belajar Digital. *Jurnal Inovasi Teknologi Pendidikan*, 3(1), 13-24.
- Endayani, T. B., Rina, C., & Agustina, M. 2020. Metode Demonstrasi untuk Meningkatkan Hasil Belajar Siswa. *Al-Azkiya: Jurnal Ilmiah Pendidikan MI/SD*, 5(2), 150-158.
- Fadli, M. R. 2021. Memahami Desain Metode Penelitian Kualitatif. *Humanika, Kajian Ilmiah Mata Kuliah Umum*, 21(1), 33-54.
- Fredriksson, S. V., Alley, S. J., Rebar, A. L., Hayman, M., Vandelanotte, C., & Schoeppe, S. 2018. How Are Different Levels of Knowledge about Physical Activity Associated with Physical Activity Behaviour in Australian Adults?. *PLoS One*, 13(11), 1-10.

- Forde, C. 2018. Scoring the International Physical Activity Questionnaire (IPAQ). *University of Dublin*, 3.
- Gagne, R. M., Briggs, L. J., & Wager, W. W. 2005. *Principles of instructional design (5th ed.)*. Forth Worth, TX: Harcourt Brace Jovanovich College Publishers.
- Geri, N., Winer, A., & Zaks, B. 2017. Challenging the Six-minute Myth of Online Video Lectures: Can Interactivity Expand the Attention Span of Learners?. *Online Journal of Applied Knowledge Management (OJAKM)*, 5(1), 101-111.
- Guo, P. J. Kim, J. Robin, R. 2014. How video production affects student engagement: an empirical study of MOOC videos. *Proceedings of the First ACM Conference on Learning at Scale*, New York: 4-5 Maret 201, 41-50.
- Guthold, R., Stevens, G. A., Riley, L. M., & Bull, F. C. 2018. Worldwide Trends in Insufficient Physical Activity from 2001 to 2016: A Pooled Analysis of 358 Population-based Surveys with 1· 9 Million Participants. *The lancet global health*, 6(10), 1077-1086.
- Hall, K. & Burke, W.M. 2004. *Making Formative Assessment Work*. London: McGraw Hill-Education.
- Hamid, S. N., Lee, T. T., Taha, Rahim, N. A., & Sharif, A. M. 2021. E-Content Module for Chemistry Massive Open Online Courses (MOOC): Development and Students' Perceptions. *Journal of Technology and Science Education*, 11(1), 67-92. <https://doi.org/10.3926/jotse.1074>
- Harahap, N. 2020. *Penelitian Kualitatif*. Medan: Wal Ashri Publishing
- Haryanto. 2020. *Evaluasi Pembelajaran (Konsep dan Manajemen)*. Yogyakarta: UNY Press.
- Haumin, L. & Madhusudhan, M. 2019. An Indian based MOOC: An Overview. *Library Philosophy and Practice*. 2382.
- Harvey, L., Glinsky, J., Ilha, J., Xiong, Y., Gomez, G., Rostagnor, S., ... & Weerts, E. 2023. The 2022 Massive Open Online Course (MOOC) to Train Physiotherapists in the Management of People with Spinal Cord Injuries: A Qualitative and Quantitative Analysis of Learners' Experiences and Its Impact. *Spinal Cord*, 61(11), 615-623.
- Hennink, M. & Kaiser, B. N. 2022. Sample Sizes for Saturation in Qualitative Research: A Systematic Review of Empirical Tests. *Social science & medicine*, 292, 114523.
- Hoque, M. E. 2016. Three Domains of Learning: Cognitive, Affective and Psychomotor. *The Journal of EFL Education and Research*, 2(2), 45-52.

- Hutasoit, R., & Tambunan, B. 2018. The Effect of Ice Breaking Technique in Teaching Speaking at the Tenth Grade Students of SMK Dharma Bhakti Siborongborong in Academic Year 2018/2019. *International Journal of English Literature and Social Sciences*, 3(5), 700-705.
- Ismunandar, H. 2020. Cedera Olahraga pada Anak dan Pencegahannya. *Jurnal Kedokteran Universitas Lampung*, 4(1), 34-44.
- Jones, I. S. & Blankenship, D. 2014. What Do You Mean You Never Got Any Feedback?. *Research in Higher Education Journal*, 24, 1-9.
- Jones, P. R., Brooks, J. H., & Wylie, A. 2013. Realising the Potential for an Olympic Legacy; Teaching Medical Students about Sport and Exercise Medicine and Exercise Prescribing. *British journal of sports medicine*, 47(17), 1090-1094.
- Jordan, K. 2015. Massive open online course completion rates revisited: Assessment, length and attrition. *The International Review of Research in Open and Distributed Learning*, 16(3), 341-358.
- Kaminskiene, L., Žydzūnaite, V., Jurgile, V., & Ponomarenko, T. 2020. Co-Creation of Learning: A Concept Analysis. *European Journal of Contemporary Education*, 9(2), 337-349.
- Kehrer P, Kelly K, Heffernan. 2013. Does Immediate Feedback while Doing Homework Improve Learning?. *Proceedings of the Twenty-Sixth International Florida Artificial Intelligence Research Society Conference*, Florida: 22-24 Mei 2013. 542-545.
- Kementerian Kesehatan Republik Indonesia. 2018. *Aktivitas Fisik dan Manfaatnya*. (Diakses pada Agustus 2023). Dapat diakses melalui: <https://promkes.kemkes.go.id/?p=8769>
- Kementerian Pendidikan dan Kebudayaan Republik Indonesia. 2020. *Penilaian Berbasis Kelas/ Teknik-teknik Penilaian Formatif*. (Diakses pada Agustus 2023). Dapat diakses melalui: <https://ditsmp.kemdikbud.go.id/download/penilaian-berbasis-kelas-teknik-penilaian-formatif/>
- Könings, K. D., Mordang, S., Smeenk, F., Stassen, L., & Ramani, S. 2021. Learner Involvement in the Co-creation of Teaching and Learning: AMEE Guide No. 138. *Medical teacher*, 43(8), 924-936.
- Korstjens, I. & Moser, A. 2018. Series: Practical Guidance to Qualitative Research. Part 4: Trustworthiness and Publishing. *European Journal of General Practice*, 24(1), 120-124.

- Kurniawan, P. V. 2012. Penerapan Metode Demonstrasi Berbantuan Alat Peraga Untuk Meningkatkan Minat Dan Motivasi Siswa Dalam Pembelajaran Fisika. *Jurnal Penelitian Pembelajaran Fisika*, 3(2), 103-109.
- Lamba, M. S., Rawat, M. A., Jacob, M. J., Arya, M. M., Rawat, M. J., Chauhan, M. V., & Panchal, M. S. 2014. Impact of Teaching Time on Attention and Concentration. *Journal of Nursing and Health Science (IOSR-JNHS)*, 18(22), 23-27.
- Leask, C. F., Sandlund, M., Skelton, D. A., Altenburg, T. M., Cardon, G., Chinapaw, M. J., & Chastin, S. F. 2019. Framework, Principles and Recommendations for Utilising Participatory Methodologies in the Co-creation and Evaluation of Public Health Interventions. *Research involvement and engagement*, 5(1), 1-16.
- Li, C. & Zhou, H. 2018. Enhancing the Efficiency of Massive Online Learning by Integrating Intelligent Analysis into MOOCs with an Application to Education of Sustainability. *Sustainability*, 10(2), 468.
- Lin, Y. L., Lin, H. W., & Hung, T. T. 2015. Value Hierarchy for Massive Open Online Courses. *Computers in Human Behavior*, 53, 408-418.
- Lobelo, F. & de Quevedo, I. G. 2016. The Evidence in Support of Physicians and Health Care Providers as Physical Activity Role Models. *American journal of lifestyle medicine*, 10(1), 36-52.
- Lubicz-Nawrocka, T. 2018. From Partnership to Self-authorship: The Benefits of Co-creation of the Curriculum. *International Journal for Students as Partners*, 2(1), 47-63.
- Magdalena I., Fauzi, H., Putri R. 2020 Pentingnya Evaluasi Pembelajaran dan Akibat Memanipulasinya. *Jurnal Pendidikan dan Sains*, 2(2), 244-257.
- Magdalena, I., Oktavia, D., & Nurjamilah, P. 2021. Analisis Evaluasi Sumatif dalam Pembelajaran Tematik Siswa Kelas VI SDN Batujaya di Era Pandemi Covid-19. *ARZUSIN*, 1(1), 137-150.
- Mahmudah, M. 2016. Urgensi Diantara Dualisme Metode Pembelajaran Ceramah Dalam Kegiatan Belajar Mengajar Untuk Siswa MI/SD. *Cakrawala: Jurnal Studi Islam*, 11(1), 116-129.
- Maisyaroh, I., Abdullah, M., & Hadi, M. N. 2023. Model Asesmen Sumatif dengan Menggunakan Metode Library Research untuk Mata Pelajaran Pendidikan Agama Islam (PAI) pada Kurikulum Merdeka. *Asatiza: Jurnal Pendidikan*, 4(3), 274-287.

- Manasrah, A. Masoud, M. dan Y. Jaradat. 2021. Short Videos, or Long Videos? A Study on the Ideal Video Length in Online Learning. *Proceedings of the International Conference on Information Technology (ICIT)*, Jordan: 14-15 Juli 2021, 366-370.
- Mekarisce, A. A. 2020. Teknik Pemeriksaan Keabsahan Data pada Penelitian Kualitatif di Bidang Kesehatan Masyarakat. *Jurnal Ilmiah Kesehatan Masyarakat: Media Komunikasi Komunitas Kesehatan Masyarakat*, 12(3), 145-151.
- Mujiburrahman, M., Kartiani, B. S., & Parhanuddin, L. 2023. Asesmen Pembelajaran Sekolah Dasar Dalam Kurikulum Merdeka. *Pena Anda: Jurnal Pendidikan Sekolah Dasar*, 1(1), 39-48.
- Moore, R. L. & Blackmon, S. J. 2022. From the Learner's Perspective: A Systematic Review of MOOC Learner Experiences (2008–2021). *Computers & Education*, 190, 104596.
- Moser, A. & Korstjens, I. 2018. Series: Practical Guidance to Qualitative Research. Part 3: Sampling, Data Collection and Analysis. *European journal of general practice*, 24(1), 9-18.
- Mustofa, H. A., Gunawan, G., Kosim, K., & Sutrio, S. 2022. Pengembangan Video Dokumenter Berbasis Local Content Alat Musik Tradisional Pada Materi Gelombang Bunyi. *Jurnal Pendidikan Fisika dan Teknologi*, 8(SpecialIssue), 12-22.
- Nowell, L. S., Norris, J. M., White, D. E., & Moules, N. J. 2017. Thematic Analysis: Striving to Meet the Trustworthiness Criteria. *International journal of qualitative methods*, 16(1), 1-13.
- Organisation for Economic Co-operation and Development (OECD). 2009. *Beyond textbooks; digital learning resources as systemic innovation in the Nordic country*. Diambil pada tanggal 4 Januari 2024 dari: <http://browse.oecdbookshop.org/oecd/pdfs/product/9609081e.pdf>
- Persson, G., Brorsson, A., Ekvall Hansson, E., Troein, M., & Strandberg, E. L. 2013. Physical Activity on Prescription (PAP) from the General Practitioner's Perspective—A Qualitative Study. *BMC family practice*, 14, 1-8.
- Pilli, O., Admiraal, W., & Salli, A. 2018. MOOCs: Innovation or Stagnation?. *Turkish Online Journal of Distance Education*, 19(3), 169-181.
- Pomerol, J. C., Epelboin, Y., & Thoury, C. 2015. *MOOCs: Design, Use, and Business Models*. Great Britain and USA: ISTE Ltd and John Wiley & Sons, Inc.

- Porter, S. 2015. *To MOOC or not to MOOC: How Can Online Learning Help to Build the Future of Higher Education?*. Kidlington: Elsevier.
- Prastowo, A. 2015. *Menyusun Rencana Pelaksanaan Pembelajaran (RPP) Tematik Terpadu: Implementasi Kurikulum 2013 untuk SD/MI*. Jakarta: Prenadamedia Group.
- Pugh, G., O'Halloran, P., Blakey, L., Leaver, H., & Angioi, M. 2020. Integrating Physical Activity Promotion into UK Medical School Curricula: Testing the Feasibility of an Educational Tool Developed by the Faculty of Sports and Exercise Medicine. *BMJ Open Sport & Exercise Medicine*, 6(1), 1-6.
- Pujiono S., & Lestyarini B. 2022. Academic Writing Module Development for Advanced Chinese Bipa Students. *Retorika: Jurnal Bahasa, Sastra, dan Pengajarannya*. 15(1), 95-106.
- Purwati, D. 2020. The Effects of Lecturers' Formal and Informal Talks on Students' Understanding of the Material in the Language Learning Process. *IDEAS: Journal on English Language Teaching and Learning, Linguistics and Literature*, 8(1), 93-104.
- Qualitative research methods: a data collector's field guide. 2005. *Family Health International*.
- Rahmayanti, P., Saraswati, P. A., & Bhuana, G. P. 2019. The Use of Ice Breaker to Improve Students' motivation in Learning English at The Tenth Grade Students of SMK YPKKP. *Professional Journal of English Education (PROJECT)*, 2(5), 594-600.
- Rizvi, S. A. A., Dayo, N., Shabir, K., & Mawra, M. 2023. Analysis of University Teachers' Assessment Practices of Bloom's Three Domains of Learning. *Harf-o-Sukhan*, 7(3), 424-431.
- Robinson, K. A., Brunnhuber, K., Ciliska, D., Juhl, C. B., Christensen, R., & Lund, H. 2021. Evidence-based Research Series-paper 1: What Evidence-based Research Is and Why Is It Important?. *Journal of Clinical Epidemiology*, 129, 151-157.
- Ruhayati dan Fatmah. 2011. *Gizi Kebugaran dan Olahraga*. Bandung: Lubuk Agung.
- Rooney, D., Gilmartin, E., & Heron, N. 2023. Prescribing Exercise and Physical Activity to Treat and Manage Health Conditions. *The Ulster medical journal*, 92(1), 9-15.
- Sasmita, R. S. 2020. Pemanfaatan Internet Sebagai Sumber Belajar. *Jurnal Pendidikan Dan Konseling (JPDK)*, 2(1), 99-103.

- Schro  , H., Van Dyck, D., De Paepe, A., Poppe, L., Loh, W. W., Verloigne, M., ... & Crombez, G. 2020. Which behaviour change techniques are effective to promote physical activity and reduce sedentary behaviour in adults: a factorial randomized trial of an e-and m-health intervention. *International Journal of Behavioral Nutrition and Physical Activity*, 17(127), 1-16.
- Seetharaman, B. 2016. Sampling and Methods of Data Collection in Qualitative Research. *Indian Journal of Continuing Nursing Education*, 17(2), 41-47.
- Soemardiawan, S., Hermansyah, H., Salabi, M., Nurdin, N., Kesuma, L. S. W., & Jamaludin, J. 2021. Gerakan Masyarakat Hidup Sehat Melalui Kegiatan Olah Raga di Masa Adaptasi Kebiasaan Baru. *ABSYARA: Jurnal Pengabdian Pada Masyarakat*, 2(2), 137-145.
- Strong, A., Stoutenberg, M., Hobson-Powell, A., Hargreaves, M., Beeler, H., & Stamatakis, E. 2017. An Evaluation of Physical Activity Training in Australian Medical School Curricula. *Journal of Science and Medicine in Sport*, 20(6), 534-538.
- Thornton, J. S., Fr  mont, P., Khan, K., Poirier, P., Fowles, J., Wells, G. D., & Frankovich, R. J. 2016. Physical Activity Prescription: A Critical Opportunity to Address a Modifiable Risk Factor for the Prevention and Management of Chronic Disease: A Position Statement by the Canadian Academy of Sport and Exercise Medicine. *British journal of sports medicine*, 50(18), 1109-1114.
- Wirabumi, R. 2020. Metode Pembelajaran Ceramah. *Annual Conference on Islamic Education and Thought (ACIET)*, 1(1), 105-113.
- Williams, S. L., & French, D. P. 2011. What are the most effective intervention techniques for changing physical activity self-efficacy and physical activity behaviour—and are they the same?. *Health education research*, 26(2), 308-322.
- World Health Organization: WHO. 2019. *Physical activity*. (Diakses pada Agustus 2023). Dapat diakses melalui: https://www.who.int/health-topics/physical-activity#tab=tab_1
- World Health Organization: WHO. 2022. *Physical activity*. (Diakses pada Agustus 2023). Dapat diakses melalui: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Zein, M. I. 2020. Pedoman Peresepan Latihan; Yogyakarta. Hal. 14-51. (Diakses pada Agustus 2023). Dapat diakses melalui: <http://staffnew.uny.ac.id/upload/198403152009121003/penelitian/C10-BUKU%20PEDOMAN%20PERESAPAN%20LATIHAN.pdf>

- Zhang, J., Gao, M., & Zhang, J. 2021. The Learning Behaviours of Dropouts in MOOCs: A Collective Attention Network Perspective. *Computers & education*, 167(19), 104189.
- Zhu, M. 2021. Enhancing MOOC Learners' Skills for Self-directed Learning. *Distance Education*, 42(3), 441-460.