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### ***"REVITALIZATION OF EDUCATIONAL INSTITUTIONS AND EDUCATION STAKEHOLDERS TOWARDS ASEAN ECONOMIC COMMUNITY"***

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**Implementation Of Islamic Teachings Against Education Physical and Health at  
Healthy Heart Club Mosque Al-Markaz Al-Islami Makassar.**

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**ABSTRACT**

The purpose of this study was to determine the implementation of Islamic teachings on physical education and health. This is a qualitative research approach to normative theological, sociological and psychological. This research was conducted in the Healthy Heart Club al-Markaz al-Islami Makassar city. The respondents is Chairman of KJS, coach and 30 participants. Data analysis techniques used in this study descriptive approach. This study describes the physical education and health then dokombain against the teachings of Islam through his teachings. In addition, explain the arguments related to the research material derived from the texts of the Qur'an and the Hadith of the Prophet. Then make observations in the field with a direct view of healthy heart gymnastics practice carried out by the participants. The results showed that participants were very understanding KJS implementation of Islamic teachings on physical education and health. As for the implementation of Islamic teachings is meant is that Islam has given the concept of physical education and health then the implementation is done through individuals, institutions or organizations who take shelter in the heart of the Healthy Club.

**BACKGROUND**

Physical education is an education efforts using large-muscle activity to educational process taking place is not hampered by the disruption of the health and growth of the body. As an integral part of the overall education, physical education is an effort that aims to develop organic region, neuromuskuler, intellectual and social.

Physical education is socially pedagogical in the world of motion and appreciation jasmani. It is indicated that physical education teachers try to reach their goals by teaching and promoting physical activity. Physical education shows itself out as an instruction in teaching physical exercise or as a motion. The contents of this aspect of education is determined by institutions of pedagogical or educational purposes are used as a handle by physical education.

Rosdiani, (2013: 140) conceptually physical education has an important role in improving the quality of life of learners. This was stated by Rosdiana that physical education is an integral part of the educational process. That is, education is one of the means to achieve the overall educational goals of physical education process is expected to contribute positively to the human development index. Games, reaction agility, sports competition and other activities, the material contained in physical education because it contains well-recognized educational essentials. (Physical education is defined as the process of educating through physical activity or sport. Core understanding is educating children. What distinguishes it from other subjects is the tool used is a human motion, moving oneself as a human. The movement was designed consciously by the teacher and given in certain circumstances, in order to growth and development of students.

Harun Nasution, (1996: 33). As a universal religion, Islam contains the basic doctrines that apply to all places and for all times. The basic doctrines that are universal, absolute, and absolutely true, eternal, not beruba and should not be changed, in number according to scholars approximately 500 verses or approximately 14% of the Koran verses. Determining the purpose and implementation of the basic doctrines contained the Qur'an was tailored to the circumstances of place and a particular time. One characteristic of Islam is the belief that Islam is a system that regulates the way human life is complete and thorough. This is reflected in the development of Islamic law that completely covers both dimensions of *muamalahubudiyah*. Therefore, the teaching of Islam understood by most Muslims as a normative system, in which religion integrally related to all areas of life of Muslims, such as political, economic, social, legal, educational, and family.

(QuraisShihab, 1994: 282). The human body must be able to function as well as possible. Religious guidance in this respect quite a lot and clear, especially with regard to health maintenance and disease prevention. Religion emphasizes that human beings instead of a life without meaning, but it was created to serve him and in order implementation, he has obligations, either against themselves or family small or large and even to the whole universe. Human life is affected by many factors. His task is to control and direct these factors so that the expected meaning of life can be achieved. One such factor is the health. Health in view of religion is not only free from disease or disability, but also spiritual. Health



and the term *afiat* which is essentially functioning whole physical and spiritual potential so as to achieve the purpose of his presence dipentas this earth. With health, of life and devotion is increasing.

ation to health physical education and recreation, Islam emphasizes the importance of maintenance. This is in line what dikatakan by the Prophet, namely *العقل السليم في الجسم السليم* (a healthy mind is in a healthy physical). When the Qur'an speaks about the long and of age, the use of the plural (we) to refer to God, for example: *And whoever he was, let it to its original condition was (weak or imperfect minds)* (Qur'an 36:68). The ness of the plural form, indicating the character folds apart from God (human), in rs that age.

the above description, it appears that the maintenance of health and life expectancy use, the efforts are not only justified by religion but rather to advocate. In all the ems mentioned above, found many obstacles to achieve the desired goals in. One of is the lack of public knowledge regarding such questions, even the many things they pa as truth contradicts the realities of scientific or religious directives. By sebeb, the f education to achieve the aspiredvery decisive.

### MEANING OF PHYSICAL EDUCATION

are some experts who provide definitions of physical education, which are as follows: Williams, (1960: 1). "Physical education is the sum of mans'sphysical selected asto kind acation activities, and conducted", means that physical education is a human activity kind, tailored to the results to be achieved.

ysical education should be defined as that phase of the whole-process of Educations hich is concerned with vigourus muscular activities and related responses, and with the ications in the individual resultant from Reviews These responses" (Nixon & Cozens, 50) That is, education physical is the phase of the whole process of education related activity of large muscles and recreation-reaction accompanied by changes in the dual as a result of reaction-recreational earlier.

3. Republic Act No. 4 of 1950, CHAPTER VI Article 9 provides that, physical education towards harmony between body growth and mental development is an attempt to make Indonesian nation to be a nation of healthy physically and mentally, is given to all types of scientific school.

4. Muhammadiyah, 2005: 2) in Oen Bing Tian, Irsan and Abu BakrSaleh (1959: 46) said "Physical education is (synonyms) education. Said body in physical education is showing the method in the educational process, not a destination and not a restriction (Muhammadiyah, 2005: 2).

Rosdiani, (2013: 140) Physical education is an integral part of the educational process. This is, education is one of the media to help achieve the overall educational goals of physical education process is expected to contribute positively to the human development index (human development index). Games, reaction agility, sports competence, and other activities, the material contained in physical education because it contains values recognized educational essentials.

According Husdarta (2009) that utilizes physical education physical tools to develop integrity manusia.berkaitan with it, mean that through physical, mental and emotional aspects also helped to grow, even with sufficient emphasis in. in contrast to other fields such as moral education the emphasis is really on moral development, but the physical aspect is not helped develop, either directly nor Mr indirectly, because the results of the teaching of physical education and sport are not just limited to the benefits of the improvement of the physical or body alone , understanding menunjukkan physical education not only in the traditional sense of physical activity. we should see the term physical education and sport on the field more and more abstract, as the process of establishing the quality of mind and body.

#### **GYMNASTICS HEALTHY HEART**

Sudarno (1992: 74-81). Gymnastics healthy heart there is some movement. Namely: first stretch all the muscles of the neck and move the joints of the neck, so that the rigidity eliminated. and Second, moving the muscles of the shoulder, the shoulder and the front



chest, as well as moving the shoulder joint so as not stiff anymore. Third, the middle flexing muscles, arm muscles, shoulder muscles. Fourth, stretching all the muscles of the waist up (muscles of the arm, shoulder, shoulder, chest, interrupted three, back, and neck), and moving the joints of the spine that are not stiff anymore. Fifth, stretch shoulder muscles, chest muscles, upper abdominal muscles and muscles of fingers. Sixth, stretch the muscles of the arms and the right and left sides of the body, respiratory muscles / chest and flex the spine / back. Seventh, stretch the muscles of the abdomen, back, and arm muscles and thighs, while moving the hip joints and spine, stand up straight, straddle (wide enough). Eight, stretch the back muscles of the back, abdomen, thighs, arms and joints moving again on the waist. Nine, the thigh muscles stretch, kai and as well as stretch the back muscles, thighs and arms, as well as moving the heel and joints. Tenth, stretch the muscles of the abdomen, back, thigh, leg, and stretch back muscles in your arms and hands, as well as moving the hip, knees, and ankles. Eleventh, stretch the muscles heels, legs, arms and shoulders, stand up straight, feet together, arms at sides.

## RESULTS AND DISCUSSION

This research was conducted in the Healthy Heart Club al-Markaz al-Islami Makassar, which is located in the northern part of Makassar, precisely in the way Sunu located in the vicinity of the mosque al-Markaz al-Islami Ex. Layang district. Bontoala Makassar. KJS is supervised by H. AbdKarimLawe and consists of three coaches namely 1. Drs. Makmur 2. Marni and 3. Marni and has been established since 25 years ago.

The Healthy Heart club al-Markaz al-Islami of Makassar held for three days, Wednesday, Thursday and Friday and its permanent participants consisted of 300 people. However, on Friday at the Healthy Heart Club participants follow along with the general public. So that participants are very much on that day. Gymnastics conducted in KJS al-Markaz al-Islami of Makassar preceded by heating and then enter the core motion is aerobic and closed with a cooling normally done by gymnastics poco-poco because they wore the movement in and every six years the change movement. KJS very berpariasi participants, ranging

from children, teenagers, adults and the elderly participants even some that have been in their 70s.

Basically gymnastics performed on KJS al-Markaz al-Islami is mubah (skill). Because activities undertaken to achieve the benefits of freshness and health. In Islam its purpose is to make the healthy human. Gymnastics is not over just one uslub (style) between umpteen ways to implement the orders Syara 'in order to have a strong body. Although Islam does not denounce adherents who was weak, but Islam recommends a believer has a strong body

Islam is very pay attention physical education and health issues. Hence the Prophet said *علموا أولادكم بالسباحة والرماية وأثبتوا على الخيل وثبا* (teach it to your children swimming and horse riding and remains above the saddle when the horse spur). In another Hadith Prophet revealed *من السباحة في البحر والسهم. [رواه أبو داود] خير لهو المؤمن* (the best of toys a believer in God's eyes is swimming in the sea and on horseback). These traditions show importance of physical education taught to children even physical education as *bermanjing* horse riding is a model of physical education is most preferred by Allah. The importance of physical education has always revealed by the Prophet in prayer *يا الله سلمة في الدين و عا* (Yaa Allah I beseech you survive in the running of religion and of mind ....). Of course prayer is not just a prophet spoken but has a very broad meaning in life of the Prophet that even this prayer to be repeated when the Prophet finished the prayer

Islam is also very concerned about the health of way, among others invited and encouraged to maintain and sustain the health of every person. Let people use ill health before competition period, due to the healthy future of all life functions and tasks can be carried out as well as possible. Recommendation maintain health with preventive (prevention) and repres (penyelapan disease or treatment). In preventiv, Islamic attention to the health of this can be seen from the recommended earnestly towards the maintenance of cleanliness. Cleanliness certainly not tersangkalkan he bahea health resources. Instead dirty and unclean a source of disease.





## CONCLUSION

Physical education and health is a matter that can be run through two studies: theory and practice. And this also underlies a teacher or lecturer to want to carry out their duties as educators. However, it does not mean physical education and health is not linked to other subjects, including the teachings of Islam, so that it can be found values of universality possessed by the material physical education. In the implementation, physical education and health have adopted the teachings of Islam. Because Islam upholds the name of healthy physically and spiritually healthy. Even further, physical education and health is not limited to one element but intertwined with other elements. Healthy heart gymnastics held in KJS al-Markaz al-Islami is part of the physical education to create a healthy society. In Islamic law, gymnastics law categorized as permissible (allowed). Skill there because of the effect of such actions is to realize health. Islam upholds health values. Gymnastics activities performed on KJS al-Markaz al-Islami is only *uslub* (technique), so that the technique could be reached in an Islamic way.

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