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## THE EFFECT OF TEACHING STYLE AND ARM MUSCLE STRENGTH ON LEARNING OUTCOMES IN SHOT PUT

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### Abstract

Students' shot put learning outcomes are still low. This is influenced by the teaching style of teachers and the strength of students' arm muscles, so it is necessary to examine the influence of both. This study focuses on ways to improve shot put learning outcomes. This study also aims to improve weaknesses in the physical education learning process and find solutions to make athletic activities enjoyable, happy, and able to improve physical fitness. The method used in this study is the field experiment method. The research design is a 2x2 design with three research variables: one dependent variable and two independent variables. The dependent variable is shot put performance, while the two independent variables are teaching style and arm muscle strength. The results of the study indicate that the self-check teaching style is more effective than the command teaching style in improving overall shot put performance. There is an interaction between teaching style and arm muscle strength. Students with high arm muscle strength are more suited to being taught using the command style, while students with low arm muscle strength are more effective when using the self-check style. In conclusion, the self-check teaching style is generally more effective in shot put learning. However, its effectiveness is influenced by arm muscle strength, where the command style is more suitable for students with high arm muscle strength, and the self-check style is more suitable for students with low arm muscle strength.

Keywords: Results, shot put, physical education

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