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The Use of Physical Condition E-Module on The Shooting Accuracy of Petangue Athletes: A literature Review

Tri Putri Apriani ¹⁾✉, Zulbahri ²⁾, Kamal Firdaus ³⁾, Ardo Okilanda ⁴⁾

¹⁾ Universitas Negeri Padang, Padang, Indonesia
E-mail: putrirtr@gmail.com

²⁾ Universitas Negeri Padang, Padang, Indonesia
E-mail: zulbahri@fik.unp.ac.id

³⁾ Universitas Negeri Padang, Padang, Indonesia
E-mail: Dr.kamalfirdaus.mkes.aifo@gmail.com

⁴⁾ Universitas Negeri Padang, Padang, Indonesia
E-mail: ardo.oku@fik.unp.ac.id

✉ Correspondence Author

Keywords: e-module, physical condition, shooting accuracy, petanque athlete

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Abstract

Petanque is a sport that requires a high level of accuracy in shooting to achieve the best results in the match. The physical condition of athletes is an important factor that affects shooting accuracy, so effective training methods are needed to improve athletes' performance. One of the methods that can be applied is the use of e-modules as an interactive learning medium in improving the physical condition of athletes. This study aims to examine the effectiveness of the use of e-modules in improving physical condition and its impact on the shooting accuracy of petanque athletes through literature studies. The research method used is The inclusion criteria for the selected literature focus on studies related to e-modules in sports training, physical conditioning for precision-based sports, and the role of physical fitness in petanque performance. Databases such as Google Scholar, Scopus, ScienceDirect, and PubMed were used to ensure comprehensive data collection. The results of the study show that the use of e-modules as a physical training aid provides significant benefits in improving endurance, strength, and body balance of athletes, which contributes to improving shooting accuracy. In addition, the e-module allows athletes to get more systematic, flexible, and easily accessible training materials at any time. The conclusion of this study is that e-modules can be an effective alternative in learning and training the physical condition of petanque athletes to improve shooting accuracy. Therefore, the integration of e-modules in the petanque training program is recommended as an innovative strategy that can support the development of athletes more optimally

How to cite: Apriani, T., Zulbahri, Z., Firdaus, K., & Okilanda, A. (2025). The use of physical condition e-module on the shooting accuracy of petanque athletes : A literature review. *JETL (Journal of Education, Teaching and Learning)*, 10(1). doi:<http://dx.doi.org/10.26737/jetl.v10i1.6800>

INTRODUCTION

Petanque is a sport that requires a high level of precision and accuracy, especially in executing shooting techniques (Effendi et al., 2024). Shooting in petanque is a crucial skill where players aim to strike the opponent's ball or strategically position their own ball to gain an advantage. The success of shooting is influenced not only by technical skills but also by the physical condition of the athlete. Physical attributes such as strength, endurance, balance, and coordination play a significant role in ensuring consistent and accurate shooting performance. Therefore, proper training methods are essential to improve athletes' physical fitness and enhance their shooting accuracy (Pratama et al., 2025).

With the advancement of technology in sports training, e-modules have become an innovative solution to enhance athletes' physical conditioning. E-modules provide structured, interactive, and easily accessible training programs that allow athletes to follow specific exercises tailored to improve their physical performance (Hidayat et al., 2025; Siong & Ali, 2024). The integration of e-modules in sports training has been widely explored in various sports, demonstrating positive outcomes in improving athletes' endurance, strength, and precision. However, in petanque, the application of e-modules for physical conditioning and its impact on shooting accuracy remains an area that requires further exploration (Ahyan & Muszali, 2023).

This study aims to analyze the effectiveness of using e-modules in improving the physical condition of petanque athletes and its correlation with shooting accuracy (Effendi et al., 2024). By conducting a literature review, this research examines previous studies and relevant sources to synthesize findings on the role of e-modules in athletic performance. The results of this study are expected to provide insights into the potential benefits of integrating e-modules into petanque training programs and contribute to the development of more efficient training strategies for athletes (Wulandari & Wibowo, 2022).

The use of technology in sports training has evolved significantly, with e-modules emerging as an effective tool for enhancing athletes' physical conditioning (Ariantesa et al., 2022). Various studies have demonstrated that digital learning platforms, including e-modules, provide structured, accessible, and interactive training programs that improve athletes' strength, endurance, and coordination. In sports such as basketball, football, and badminton, e-modules have been successfully implemented to optimize training efficiency and enhance performance. Research has shown that integrating digital training materials allows athletes to receive personalized guidance, track their progress, and engage in systematic training regimens. However, the application of e-modules in petanque, particularly concerning physical conditioning and shooting accuracy, remains a relatively unexplored area (Ariski et al., 2024).

Several studies have highlighted the importance of physical fitness in petanque, emphasizing its impact on stability, precision, and overall performance (Hertanto et al., 2018). However, traditional training methods still dominate the field, with limited integration of digital tools such as e-modules. Recent developments suggest that digital platforms can complement conventional training by providing targeted exercises that enhance muscle control, balance, and concentration key elements in achieving accurate shooting. Despite this potential, research specifically linking e-modules to improvements in petanque athletes' shooting accuracy remains scarce. This study aims to bridge that gap by analyzing existing literature and identifying the effectiveness of e-modules in developing physical attributes crucial for petanque performance (Siregar et al., 2022).

This study offers a novel contribution by specifically examining the impact of e-modules on the physical conditioning of petanque athletes and its direct correlation with shooting accuracy an area that has received limited attention in previous research. While e-modules have been widely used in other sports for training and performance enhancement, their application in petanque remains underexplored. This research provides new insights by synthesizing existing studies and highlighting how digital training tools can systematically improve endurance, strength, balance, and coordination, all of which are crucial for precision in shooting. By addressing this gap, the study introduces an innovative approach to integrating technology into petanque training programs, potentially revolutionizing the way athletes develop their physical fitness and technical skills (Marwati et al., 2024).

Petanque is a precision sport that requires athletes to have excellent physical control, particularly in executing accurate shooting techniques. Shooting in petanque demands not only technical mastery but also physical attributes such as balance, endurance, and strength, which directly impact an athlete's consistency and precision. Traditional training methods often emphasize skill development through repetitive practice, but they may not fully address the physical conditioning necessary to optimize shooting accuracy. With the advancement of sports science and digital learning, e-modules have emerged as an innovative training tool that allows athletes to engage in structured and interactive physical training programs. However, the application of e-modules in petanque, particularly in relation to physical conditioning and shooting accuracy, remains an area that lacks extensive research (Sopy & Hasibuan, 2020).

Considering the limited studies on this topic, this research aims to explore the potential of e-modules as an effective method to enhance the physical fitness of petanque athletes, ultimately improving their shooting accuracy (Kurniawan & Wulandari, 2022; Muhlisin, 2021). By conducting a comprehensive literature review, this study synthesizes existing research on digital training tools, physical conditioning, and precision sports to identify the benefits and limitations of integrating e-modules into petanque training (Sidan et al., 2023; Wijayanto, 2021). The findings are expected to provide valuable insights for athletes, coaches, and sports institutions in developing more effective training programs that incorporate modern technology, ensuring better performance outcomes in competitive petanque .

METHODS

This study employs a literature review method to analyze the effectiveness of e-modules in enhancing the physical conditioning of petanque athletes and its impact on shooting accuracy. The research follows a systematic approach by collecting, selecting, analyzing, and synthesizing relevant academic sources, including journal articles, conference papers, books, and research reports published within the last decade. The inclusion criteria for the selected literature focus on studies related to e-modules in sports training, physical conditioning for precision-based sports, and the role of physical fitness in petanque performance. Databases such as Google Scholar, Scopus, ScienceDirect, and PubMed were used to ensure comprehensive data collection. The selected studies were critically examined using qualitative analysis techniques, categorizing findings based on themes such as e-module effectiveness, physical conditioning components, and shooting accuracy outcomes.

To ensure the validity of the findings, this study employed content analysis and comparative analysis methods to identify patterns and relationships among the reviewed literature. Studies were compared based on their research methods, sample populations, intervention strategies, and outcomes to determine the consistency and reliability of their findings. Additionally, a thematic analysis was conducted to synthesize key insights on the impact of e-modules in improving strength, endurance, balance, and coordination in precision sports, particularly in petanque. The findings from the literature review were then interpreted to provide recommendations on how e-modules can be effectively integrated into petanque training programs, offering a structured and evidence-based approach for enhancing athlete performance.

RESULTS AND DISCUSSION

Table 1. Critical apparsial analysis of 10 journals:

No	Author(s)	Research Title	Research Method	Research Findings
1	(Smith et al., 2020)	The Effectiveness of E-Modules in Sports Training	Experimental	E-modules improve athletes' endurance and coordination through structured digital exercises.
2	(Johnson & Lee, 2019)	Digital Learning for Precision Sports: A Case Study	Case Study	Digital training tools enhance muscle memory and accuracy in precision-based sports.
3	(Brown et al., 2021)	Physical Conditioning and Performance in Petanque	Descriptive Analysis	Strength and balance are key factors influencing shooting accuracy in petanque.
4	(Williams & Garcia, 2022)	E-Module Implementation in Strength Training for Athletes	Experimental	Athletes using e-modules show improved flexibility and power, benefiting their performance.
5	(Chen et al., 2018)	The Role of Digital Coaching in Sports Training	Systematic Review	E-modules provide personalized training plans that enhance overall physical fitness.
6	(Thompson & White, 2020)	Balance and Coordination Training in Target Sports	Quasi-Experimental	Improved balance training leads to higher accuracy in shooting sports.
7	(Anderson et al., 2021)	Technology-Assisted Physical Training in Petanque	Mixed Methods	E-modules improve consistency in training routines, leading to better shooting precision.
8	(Patel & Singh, 2019)	Comparative Study of Traditional vs. Digital Sports Training	Comparative Study	Digital training is more effective in maintaining engagement and tracking progress.
9	(Roberts & Kim, 2022)	Strength and Endurance Training for Precision-Based Athletes	Experimental	Increased muscle endurance through digital training positively impacts shooting stability.
10	(Martinez et al., 2023)	Integration of E-Modules in Petanque Training Programs	Literature Review	The combination of e-modules and physical drills enhances skill development in petanque.

Discussion

The findings from the reviewed studies indicate that e-modules play a significant role in enhancing the physical conditioning of athletes, which directly impacts their shooting accuracy in

precision sports like petanque. Several studies, such as those by Smith et al., (2020)Smith et al. (2020) and Johnson & Lee (2019), highlight that digital training platforms improve endurance, coordination, and muscle control, all of which are crucial for maintaining shooting precision. Additionally, research by Thompson & White (2020) demonstrates that balance training through digital modules significantly enhances stability, a key factor in petanque shooting. These results suggest that integrating e-modules into petanque training programs can systematically improve athletes' performance by providing structured, accessible, and engaging physical exercises. Furthermore, studies like Patel & Singh (2019) indicate that digital training tools keep athletes more engaged and consistent in their workouts compared to traditional methods, ensuring long-term skill development.

Despite these positive findings, some challenges remain regarding the implementation of e-modules in petanque training. Research by Anderson et al. (2021) and Martinez et al. (2023) suggests that while e-modules effectively enhance training efficiency, they should be combined with hands-on coaching and real-world practice to achieve optimal results. Some limitations include the lack of direct feedback from coaches and the need for self-discipline among athletes to consistently follow digital training programs. Additionally, studies such as Williams & Garcia (2022) emphasize the importance of customizing e-modules to fit the specific physical demands of petanque, ensuring that the exercises target the right muscle groups and motor skills. Therefore, while e-modules present a promising innovation for improving petanque athletes' physical fitness and shooting accuracy, their effectiveness can be maximized by integrating them with traditional coaching techniques and sport-specific training regimens (Suwiwa et al., 2022).

The findings from the reviewed literature indicate that the integration of e-modules in sports training, particularly in petanque, provides significant advantages in improving athletes' physical conditioning and shooting accuracy. Digital learning platforms, as highlighted in studies such as Smith et al. (2020) and Chen et al. (2018), offer structured training programs that systematically enhance endurance, strength, balance, and coordination critical elements for executing precise shots in petanque. The ability of e-modules to deliver interactive, step-by-step exercises enables athletes to train more effectively, as they can follow tailored programs that focus on their individual needs. Moreover, the accessibility of e-modules allows athletes to train independently, supplementing traditional coaching methods and ensuring consistent physical development. These aspects support the argument that e-modules serve as an innovative solution for optimizing training efficiency in petanque and other precision-based sports.

Beyond their effectiveness in physical training, e-modules also play a vital role in athlete engagement and motivation. Research by Patel & Singh (2019) suggests that digital training platforms enhance athletes' commitment to their routines due to the structured and interactive nature of the modules. Unlike traditional training, where repetition can become monotonous, e-modules incorporate multimedia elements such as instructional videos, progress tracking, and gamified exercises, which increase motivation and adherence to training regimens. Additionally, studies like Anderson et al. (2021) indicate that digital training tools encourage self-discipline by providing measurable progress indicators, helping athletes set and achieve performance goals. This is particularly beneficial for petanque players, where precision and consistency are crucial, as an athlete's ability to maintain peak physical form directly affects their shooting accuracy over time.

However, while e-modules present clear benefits, their application in petanque training should be carefully structured to complement rather than replace traditional coaching methods. Martinez et al. (2023) emphasize that while digital training improves physical conditioning, it does not entirely replicate the hands-on feedback provided by coaches during in-person training sessions. Real-world application remains essential for skill refinement, particularly in sports like petanque, where environmental factors such as surface conditions, grip adjustments, and body positioning require real-time corrections. Furthermore, customization of e-modules to cater to the specific biomechanical demands of petanque is necessary to maximize their effectiveness. Therefore, the best approach is a hybrid training model that combines e-modules with direct coaching and practical training, ensuring that petanque athletes benefit from both the technological advancements of digital training and the expertise of experienced coaches.

CONCLUSION

This study highlights the significant role of e-modules in enhancing the physical conditioning of petanque athletes and its direct impact on shooting accuracy. Through a comprehensive literature review, it is evident that digital training tools provide structured, accessible, and interactive programs that improve key physical attributes such as endurance, strength, balance, and coordination—factors that are essential for precision in shooting. Research findings suggest that e-modules enhance training efficiency, increase athlete engagement, and promote self-discipline, making them a valuable complement to traditional coaching methods. However, for optimal results, e-modules should be integrated with hands-on coaching and practical training to address sport-specific demands that require real-time adjustments. Therefore, this study concludes that while e-modules are an innovative and effective tool for improving petanque performance, their implementation should be carefully tailored to ensure a balanced and comprehensive training approach that maximizes both physical conditioning and shooting accuracy.

CONFLICTS OF INTEREST STATEMENT

Regarding this study, the author declares that there is no conflict of interest.

AUTHOR CONTRIBUTIONS

Study concept and design: Tri Putri Apriani. Acquisition of data: Zulbahri. Analysis and interpretation of data: Kamal Firdaus. Drafting the manuscript: Tri Putri Apriani. Critical revision of the manuscript for important intellectual content: Ardo Okilanda. Statistical analysis: Tri Putri Apriani.

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