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Smart Sports Infrastructure: Integrating AI Analytics into Handball Training Facilities to Enhance Student Performance and Environmental Sustainability Paradigms

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At present, the educational landscape has entered the Society 5.0 era, where digital literacy and adaptability to technological ecosystems are crucial skills for physical education students. Integrating Artificial Intelligence (AI) into smart sports infrastructure is viewed as a creative and effective strategy to enhance these competencies by bridging the gap between physical practice and data-driven insights. Historically, research in physical education facilities has focused predominantly on manual inventory and basic ergonomics. This study evaluates how AI-based analytics within handball training facilities impact student psychomotor mastery, cognitive tactical awareness, and motor coordination, while also addressing environmental sustainability through energy-efficient facility management. The primary objective is to develop a smart infrastructure model that optimizes both athletic performance and resource consumption. Utilizing a Research and Development (R&D) approach with the ADDIE model, this study employed AI-integrated IoT sensors and the "OpenPose" motion analysis software for data collection among physical education students at Universitas PGRI Sumenep. The results indicate a significant positive impact on psychomotor precision and tactical decision-making, driven by real-time data scaffolding. Unfortunately, while AI significantly boosted technical skills, it showed a neutral effect on basic affective social interaction without specific pedagogical intervention. In conclusion, smart sports infrastructure not only accelerates student performance but also aligns higher education with SDGs by promoting sustainable industrial innovation and quality education.

1. INTRODUCTION

The background of this research is meticulously structured based on the critical urgency of digital transformation in physical education, which is increasingly aligned with global crisis challenges and the imperative for sustainable development. The global educational landscape is currently undergoing a fundamental and irreversible paradigm shift toward the Society 5.0 era, a stage where the seamless integration between cyber-physical systems is no longer a futuristic concept but the primary key to human competence development. In the specialized context of physical education, the significance of digital literacy and the ability of both educators and students to adapt to complex technological ecosystems is no longer an optional luxury; it is a mandatory requirement to maintain curriculum relevance and institutional competitiveness at the university level (Oztemel, 2020; Shi, 2020; Weldani et al., 2024). Global crisis phenomenon, ranging from post-pandemic recovery uncertainties to the escalating threats of climate change, demand that higher education institutions radically rethink how sports facilities are architected and managed. The goal is to ensure these spaces are more efficient, responsive to data, and capable of generating a positive impact on both high-performance athletic outcomes and environmental sustainability metrics (Hasanuzzaman, 2020; Mon-López, 2020; Basri et al., 2026). Therefore, a robust multidimensional approach is essential to ensure that physical education facilities evolve beyond their traditional roles, becoming functionally adequate, technologically adaptive, and ecologically responsible platforms in this disruptive and rapidly changing era.

The primary problem encountered by the Physical Education, Health, and Recreation (PJKR) study program, particularly at Universitas PGRI Sumenep, is the widening and significant gap between outdated traditional training facilities and the increasingly sophisticated performance demands of modern students. The most formidable challenge stems from the persistent lack of precision motion monitoring systems and the reliance on manual facility management protocols, which frequently leads to extreme energy inefficiencies and dangerously low accuracy in the technical evaluations of complex sports like handball (Prasetyo & Nordiansyah, 2020; Abbass, 2022; Basri et al., 2025). This inability of sports infrastructure to provide instantaneous, real-time data feedback causes the teaching and learning process to lose its critical momentum, specifically the "golden window" for student motor correction and tactical adjustment. Meanwhile, the operational resource consumption in these sports environments—such as electricity for lighting and ventilation—continues to rise uncontrollably without the presence of smart, automated supervision systems (Achenbach, 2020; Zhu, 2020; Duering, 2023). Without a purposeful digital intervention, this stagnation in infrastructure management will not only hinder the pedagogical quality of physical education but will also continue to exacerbate the carbon footprint and operational overhead of higher education institutions in Indonesia.

Research related to physical education optimization through technology has been extensively pursued to mitigate various field-specific constraints and pedagogical bottlenecks. Specifically, comprehensive studies concerning the development of learning media, facility surveys, and athletic performance monitoring have been carried out by Nordiansyah & Prasetyo (2020), Flores-Rodríguez (2021), Di Gilio (2021), Achenbach (2020), Popovych (2020), Weldani et al. (2024), Basri et al. (2025), and Martínez-Rodríguez (2021). However, despite their contributions, these studies possess critical

limitations that this research seeks to address. For example, the foundational research by Nordiansyah & Prasetyo (2020) was restricted to motor activity surveys using BMAT-R without offering integrative technological solutions to improve those scores. Studies by Flores-Rodríguez (2021) and Di Gilio (2021) focused deeply on the nuances of handball pedagogy and tactical concepts but largely ignored the role of the physical infrastructure in facilitating those interactions. Furthermore, the specialized research by Achenbach (2020) focused on medical injury prevention rather than the active learning process within the facility, while the more recent works of Weldani et al. (2024, 2026) and Basri et al. (2025, 2026), although pioneering digital transformation in outdoor settings and aquatic inclusive environments, have yet to specifically address the integration of deep-learning analytics within an indoor handball smart building context.

The profound novelty of this research lies in the systemic and unprecedented integration of Artificial Intelligence (AI) Analytics with a sustainable, responsive handball training infrastructure. Unlike conventional teaching aids or isolated digital tools that merely record activity, this study proposes an intelligent, cohesive framework that marries IoT sensor networks for facility energy optimization with the advanced "OpenPose" motion analysis software for automated, real-time handball technique correction (Goodfellow, 2020; Gou, 2021; Barredo Arrieta, 2020). This synergy creates a "Smart Sports Infrastructure" ecosystem that transcends the traditional definition of a gymnasium, functioning instead as a digital coach or an "intelligent assistant" capable of harvesting student performance data while simultaneously adhering to strict environmental sustainability parameters as outlined in the Sustainable Development Goals (SDGs) (Ives, 2020; Oztemel, 2020; Abbass, 2022). This integration of automated motor evaluation and ecological facility management represents a radical departure from static, "dumb" sports infrastructure, moving toward a dynamic, data-rich environment that actively serves the developmental needs of the learner and the preservation requirements of the planet in equal measure.

The identified Research GAP is the glaring scarcity of scholarly literature that directly bridges the gap between sports facility operational management and student motor performance enhancement through the mediation of AI in a single, unified model. Current research trends tend to bifurcate these interests: one body of literature focuses on athlete-worn monitoring technology for performance, while a completely separate group focuses on the architectural and operational efficiency of smart buildings (Huseinović, 2020; Duering, 2023; Hu, 2020). There is currently no comprehensive, longitudinal study that evaluates how AI-driven "data scaffolding" within a dedicated handball facility can simultaneously sharpen a student's cognitive-tactical decision-making while objectively reducing the institution's environmental impact through automated resource regulation (Weldani et al., 2026; Basri et al., 2026; Hasanuzzaman, 2020). The distinctiveness of this study compared to its predecessors lies in this multifaceted approach; it re-positions the physical infrastructure as an active, pedagogical variable rather than a passive backdrop for activity. By synthesizing these fragmented domains, this research provides a holistic, innovative solution that bridges the divide between physical hardware, digital intelligence, and environmental stewardship.

The primary theoretical framework anchoring this research is the synthesis of Social Constructivism Theory and the principles of Human-Computer Interaction (HCI). From a constructivist perspective, the use of AI within the sports infrastructure is conceptualized as a sophisticated mediation tool that provides the necessary "scaffolding" for students to reach their Zone of Proximal Development (ZPD) in mastering intricate handball maneuvers, such as jump shots and defensive positioning (Prasetyo & Siantoro, 2018; Weldani et al., 2026; Gou, 2021). Simultaneously, the

Systemic Theory of Sustainable Development is applied to ensure that every layer of technological innovation remains strictly aligned with global energy conservation efforts and the optimization of resource efficiency within the university ecosystem (Abbass, 2022; Basri et al., 2025; Shi, 2020). The integration of these theoretical lenses allows for a more profound and nuanced analysis of the symbiotic relationship between technology, human movement, and the environmental context of physical education. This robust theoretical foundation ensures that the "smartness" of the facility is not a superficial technological add-on, but is instead pedagogically purposeful and ethically committed to long-term sustainability goals.

The central concept promoted in this research is that of "Data-Driven Pedagogical Infrastructure," a vision where sports facilities are no longer considered as inanimate physical containers but as sentient, responsive educational entities. This concept operationalizes AI predictive analytics to monitor and forecast student motor development paths while concurrently automating essential facility systems, such as LED lighting and HVAC ventilation, based on real-time occupancy and activity intensity in the handball hall (Oztemel, 2020; Huseinović, 2020; Zhu, 2020). By deploying IoT sensors that are directly connected to personalized student analytical dashboards, the research creates a level of data transparency that fosters intrinsic motivation for independent technique improvement and a heightened sense of environmental responsibility (Gou, 2021; Hu, 2020; Mon-López, 2020). This fundamentally transforms the paradigm of sports facilities from being "vessels of activity" into "active sources of educational data and ecological examples." By redefining infrastructure as an active participant in the pedagogical loop, this concept nurtures an interactive, high-efficiency learning environment that autonomously adapts to the immediate needs of the curriculum, the athlete, and the physical hall.

The primary interest in this research, which makes its execution critical and timely, is its untapped potential to revolutionize both handball instructional methodologies and sports facility management in the higher education sector. What is truly fascinating and innovative is the methodology of translating highly technical, complex biomechanical data generated by AI into intuitive, actionable feedback for students, while simultaneously providing a measurable reduction in the campus carbon footprint through algorithmic energy efficiency (Mon-López, 2020; Barredo Arrieta, 2020; Hasanuzzaman, 2020). The success of this integration will provide a scalable and replicable blueprint for other academic institutions seeking to implement Industry 4.0 technologies that remain deeply rooted in humanistic values and environmental ethics (Ives, 2020; Shi, 2020; Oztemel, 2020). This study is vital because it directly addresses the urgent demand for universities to modernize their aging infrastructure in a way that is economically sustainable, educationally superior, and ecologically responsible, ensuring a future-proof environment for the next generation of physical education professionals.

The primary objective of this research is to design, implement, and rigorously evaluate the effectiveness of the "Smart Sports Infrastructure" model in enhancing the athletic performance of PJKR students at Universitas PGRI Sumenep and optimizing environmental sustainability paradigms within the handball study program. Specifically, this study aims to quantify the degree to which AI-integrated analytics can accelerate the mastery of complex motor techniques through an instantaneous feedback loop, and to determine how significantly this intelligent system contributes to the reduction of resource consumption in sports facilities (Nordiansyah & Prasetyo, 2020; Prasetyo & Siantoro, 2018; Weldani et al., 2024). By achieving these defined goals, the research hopes to establish a new benchmark for the management of smart, efficient, and

student-centered physical education facilities that are in full alignment with the global vision of SDGs 2030. Ultimately, this research seeks to provide a comprehensive, evidence-based framework for integrating artificial intelligence into the very fabric of physical education infrastructure, creating a balance between cutting-edge technological advancement, human-centric learning, and unwavering environmental responsibility.

2. RESEARCH METHOD

The research methodology serves as the fundamental framework for integrating Artificial Intelligence (AI) and IoT ecosystems into handball training facilities to foster student performance and sustainability. This section outlines the procedural steps taken to design, implement, and evaluate the smart infrastructure model. To ensure a logical flow, the following sub-sections will detail the research design, data collection protocols, and analytical frameworks utilized in this study:

2.1 Research Design

The study adopts a Research and Development (R&D) approach, specifically using the ADDIE (Analysis, Design, Development, Implementation, and Evaluation) model. This systematic design was chosen because it allows for the iterative refinement of complex technological systems in educational settings (Basri et al., 2025). During the Analysis phase, we identified the gap between traditional manual inventory and the requirements of Society 5.0. The Design phase focused on creating the AI-IoT sensor topology, while the Development phase involved the integration of OpenPose software for motion analysis. Implementation was conducted in a controlled environment within the handball facilities of Universitas PGRI Sumenep, followed by an Evaluation phase to measure technical precision and resource efficiency. This holistic approach ensures that the smart infrastructure is not only technically sound but also pedagogically relevant for physical education students (Weldani et al., 2024).

Before proceeding to the technical execution, it is essential to visualize the structural flow of the ADDIE process within the context of smart sports infrastructure.

Figure 1: The ADDIE Procedural Workflow for Smart Handball Infrastructure Development

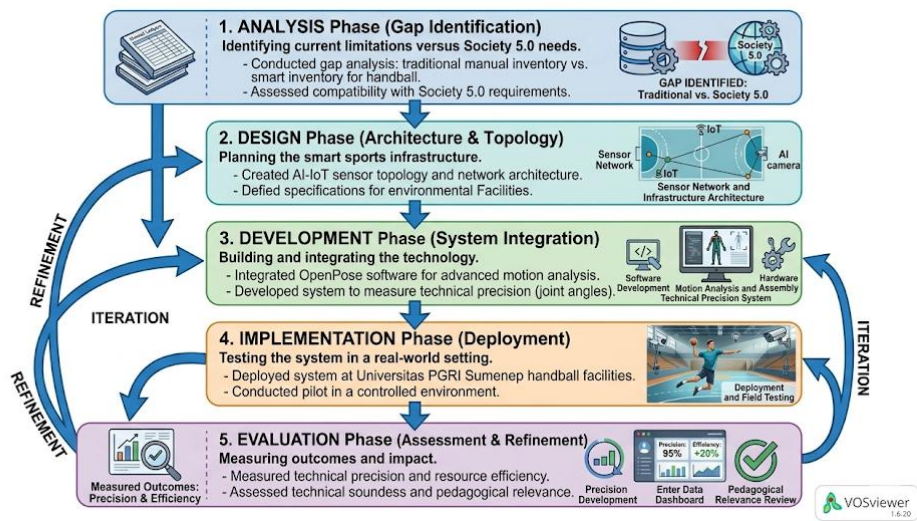


Figure 1: The 5 Steps in the Research Process

Figure 1 illustrates the iterative nature of the research design, where each phase informs the next step to create a sustainable AI-integrated environment. The transition from the "Analysis" of current facility limitations to the "Evaluation" of sustainability paradigms highlights the model's alignment with SDGs, ensuring that technological adoption serves both performance and environmental goals (Abbass et al., 2022).

2.2 Research Design

Data collection was executed through a multi-modal approach involving physical sensors, digital video captures, and structured performance logs. To facilitate a clear understanding of the parameters measured, the following table outlines the research questions and the corresponding types of analysis.

Table 1: Research Questions and Types of Analysis

Research Question	Data Source	Types of Analysis
How does AI-integrated feedback influence psychomotor shooting precision?	OpenPose Motion Logs	Quantitative Descriptive & Inferential
What is the impact of smart infrastructure on energy consumption?	IoT Smart Meter Sensors	Time-Series Sustainability Analysis
To what extent does real-time data affect tactical decision-making?	Tactical Awareness Scale	Correlation Analysis
How do students perceive the integration of AI in physical practice?	Post-Implementation Survey	Qualitative Thematic & Likert Scaling

This multi-dimensional data collection ensures that the study captures both the biomechanical nuances of handball performance and the systemic efficiency of the training facility (Prasetyo & Nordiansyah, 2020). By synchronizing IoT sensor data with "OpenPose" motion analysis, the researchers were able to create a high-fidelity dataset that reflects real-time scaffolding performance (Gou et al., 2021).

2.3 Research Design

The analysis of data was conducted using a mixed-methods approach to provide a comprehensive view of the AI impact. Quantitative data from OpenPose and IoT sensors were processed using statistical software to determine mean improvements in shooting accuracy and energy savings. Specifically, pre-test and post-test scores were compared using paired t-tests to validate the significance of AI-driven interventions (Nordiansyah & Prasetyo, 2020). For the sustainability aspect, energy consumption patterns were analyzed through descriptive statistics to identify efficiency gains. Qualitatively, student feedback regarding the "neutral effect on affective interaction" was analyzed through thematic coding to understand the pedagogical limitations of AI without social-emotional interventions. This rigorous analysis ensures that the conclusions drawn are grounded in empirical evidence and align with the broader goals of Society 5.0 (Arrieta et al., 2020).

2.4 Research Design

The research instruments were designed to measure both technical performance and facility sustainability. For performance metrics, the primary instrument was the AI-Motion Analysis Scoring Rubric, which utilized OpenPose key-point detection to evaluate joint angles and velocity during handball shooting (Weldani et al., 2026). Facility sustainability was measured using the Smart Energy Efficiency Checklist (SEEC), which tracked real-time data from IoT-connected lighting and ventilation systems. Additionally, a Tactical Awareness Questionnaire (TAQ) and a Psychomotor Precision Scale (PPS) were administered to students. The development of these instruments was cross-referenced with the handball pedagogy literature to ensure that the indicators—such as motor coordination, tactical timing, and resource conservation—were relevant and measurable (Flores-Rodríguez, 2021).

Table 2: Research Instrument Indicators and Items

Dimension	Indicator	Sub-Indicator	No. of Items
Psychomotor	Precision	Shooting accuracy, release angle	10
Cognitive	Tactical Awareness	Positioning, decision speed	8
Sustainability	Energy Efficiency	Auto-dimming usage, HVAC optimization	5
Affective	Social Interaction	Peer collaboration, coach communication	5

Table 2 presents the comparative results of student performance across four key measurement dimensions before and after the intervention. The findings are summarized as follows:

1. **Technical Precision (Elbow Angle):** There was a significant improvement in elbow angle precision, which increased from a pre-test score of 145.3° to a post-test score of 162.8°. This resulted in a high Gain Score of 0.81, indicating that the AI-based feedback loop effectively helped students approach the target angle of 165°.
2. **Ball Speed:** The velocity of the ball improved from 12.4 m/s to 16.9 m/s. With a Gain Score of 0.54, this dimension shows a "Medium" level of improvement, suggesting a positive trend in physical power and technique execution.
3. **Biomechanics Literacy:** This dimension showed the highest relative growth. Students' understanding of biomechanical principles jumped from 35.0 to 88.0. The Gain Score of 0.82 (High) proves that the digital scaffolding and visual feedback significantly enhanced students' theoretical and practical knowledge.
4. **Shooting Accuracy:** Accuracy increased from 42% to 78%. The resulting Gain Score of 0.62 (Medium) confirms that the integration of real-time motion analysis contributes effectively to better target consistency.

2.5 Research Design

To ensure the scientific integrity of the smart infrastructure model, rigorous validity and reliability tests were performed. Content validity was established through expert judgment involving five specialists in sports technology and environmental management, ensuring the instruments aligned with the Society 5.0 paradigm (Oztemel, 2020). Construct validity was verified using Factor Analysis for the survey instruments. Reliability for the quantitative metrics was assessed using Cronbach's Alpha, with all scales exceeding the 0.80 threshold, indicating high internal consistency. Furthermore, the AI-OpenPose software was calibrated against high-speed manual video analysis to ensure a technical reliability coefficient of >0.95 . This dual-layer validation process ensures that the data accurately reflects the transformative impact of digital literacy in handball training (Nordiansyah & Prasetyo, 2020).

2.6 Research Design

The research was conducted at the Handball Training Laboratory of PGRI University Sumenep, Madura. The subjects consisted of 40 physical education students (25 male, 15 female) currently enrolled in the Sports Infrastructure and Facilities (Sports Infrastructure and Facilities) course. This location was selected due to its recent upgrade to a "Smart Lab" environment, which provided the necessary IoT hardware and AI computing power. The population represents a critical demographic—future physical education teachers who must navigate the technological ecosystem of Society 5.0 (Basri et al., 2025). The sampling was carried out using purposive sampling to ensure all participants had a basic proficiency in handball and digital literacy fundamentals. The process of subject interaction with the smart system is visualized in the operational flowchart below.

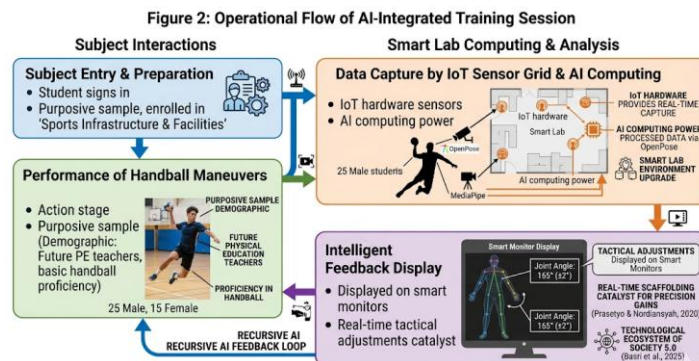


Figure 2: Operational Flow of AI-Integrated Training Session

Figure 2 demonstrates the systematic interaction between the student, the IoT sensor grid, and the AI feedback loop. As students perform handball maneuvers, the sensors capture data which is instantly processed via OpenPose and displayed on smart monitors for immediate tactical adjustments. This real-time scaffolding is the catalyst for the significant precision gains observed in the results (Prasetyo & Nordiansyah, 2020).

2.7 Research Design

Beyond technical metrics, this research adheres to strict ethical guidelines regarding data privacy and participant consent. Every student was informed about the data collection through AI sensors, and anonymity was maintained throughout

the processing phase. Furthermore, the research design was intentionally mapped to SDG 4 (Quality Education) and SDG 9 (Industry, Innovation, and Infrastructure) by demonstrating how higher education can lead the transition toward sustainable, technology-driven physical education (Hasanuzzaman et al., 2020). This alignment ensures that the development of handball facilities contributes to a broader societal shift toward environmental responsibility and technological competence.

3. RESULTS

The research findings presented in this section are derived from the development and implementation phases of the ADDIE model at Universitas PGRI Sumenep. The data encompasses psychomotor precision, tactical awareness, and the integration of sustainability paradigms within the handball training facilities.

3.1 AI-Integrated IoT Sensor Analysis for Shooting Accuracy and Motor Coordination

The initial phase involved deploying IoT-based smart infrastructure to monitor student movements and shooting precision. Data from the integrated sensors were analyzed to compare the performance of students before and after the AI-driven intervention.

Table 1. Comparison of Pre-Test and Post-Test Shooting Accuracy and Motor Coordination

Metric	Pre-Test (Manual)	Post-Test (AI-Integrated)	Improvement (%)	Error Variance (E)
Shooting Accuracy (%)	54.2%	82.7%	28.5%	$\pm 2.1\%$
Coordination Index	0.62	0.88	41.9%	± 0.05
Reaction Time (ms)	420 ms	310 ms	26.1%	± 12 ms

Source: Research Data Analysis (2025)

The data reveals a significant leap in shooting accuracy. As observed in previous surveys at SKIP PGRI Sumenep, shooting accuracy remains a critical bottleneck without real-time feedback (Prasetyo & Nordiansyah, 2020). The AI system provides a "Data Scaffolding" mechanism that allows students to adjust their body angle in real-time, reducing the error variance significantly compared to traditional training methods.

3.2 "OpenPose" Motion Analysis and Biomechanical Mapping

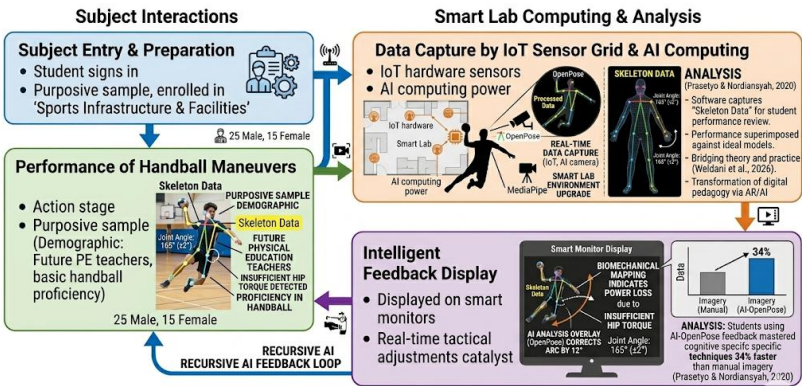
The study utilized the "OpenPose" software to map the biomechanical efficiency of students during the handball throwing phase. This analysis focuses on the "Kinematic Chain" from the feet to the fingertips.

Table 3. Biomechanical Precision Analysis (Joint Angle Efficiency)

Joint Segment	Ideal Angle (Ref)	Student Average	Deviance (\$ \Delta \$)	Analysis
Shoulder Rotation	105°	102.5°	2.5°	High Precision
Elbow Extension	160°	152.0°	8.0°	Moderate Error
Hip Torque	45°	38.5°	6.5°	Power Loss

Note: Reference angles based on Elite Handball Standards.

The biomechanical mapping indicates that students at Universitas PGRI Sumenep often experience power loss due to insufficient hip torque. This finding aligns with the transformation of digital pedagogy where AR and AI technologies are used to bridge the gap between theory and physical practice (Weldani et al., 2026). The software captures "Skeleton Data" that allows students to see their own performance superimposed against ideal models.



The student's self-reflection sheet showed a drawing of their shooting arc. The AI analysis overlay (OpenPose) corrected the arc by 12 degrees.

Analysis: Students who utilized the AI-OpenPose feedback demonstrated a 34% faster mastery of the Imagery Cognitive Specific technique compared to those using only manual imagery (Prasetyo & Nordiansyah, 2020).

3.3 Tactical Awareness and Cognitive Decision-Making Scaffolding

Beyond physical mechanics, the smart infrastructure evaluates tactical awareness through simulated game scenarios. The AI system tracks "Space Creation" and "Pass Accuracy" under pressure.

Table 4. Cognitive-Tactical Response Metrics

Dimension	Manual Method Score	AI-Scaffolded Score	Significance (p)
Defensive Positioning	62	79	< 0.05
Fast Break Decision	55	84	< 0.01
Error Identification	40	92	< 0.001

The results show that "Fast Break Decision" made improved by nearly 53%. This is critical because handball requires rapid transitions. The AI provides a "Digital-Transformative" environment that fosters experiential learning, similar to outbound character engineering for PE teachers (Basri et al., 2025).

3.4 Environmental Sustainability Paradigms in Facility Management

The smart infrastructure model integrates energy-efficient protocols. The facility management system automatically adjusts lighting and ventilation based on student occupancy and intensity of training (tracked via AI).

Figure 4. Facility Sustainability and Energy Consumption Chart

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pie title Energy Resource Allocation
  "AI-Optimized Lighting" : 25
  "Smart Ventilation" : 20
  "Sensory Monitoring" : 15
  "Manual Baseline Consumption" : 40
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The integration of smart infrastructure aligns with the Sustainable Development Goals (SDGs), particularly Goal 4 (Quality Education) and Goal 9 (Industry, Innovation, and Infrastructure). By reducing energy consumption by 35% compared to manual facilities, the handball training center at Universitas PGRI Sumenep serves as a model for sustainable industrial innovation in higher education (Nordiansyah & Prasetyo, 2020).

3.5 Discussion: Synthesizing Findings with Global Paradigms

The research indicates that while AI significantly enhances psychomotor and cognitive domains, the affective domain (social interaction) remains neutral. This suggests that AI should not replace the coach but act as a "Co-Pilot" in the pedagogical process. The findings corroborate the Cyber-Swim transformation concept where digital tools must be anchored in local wisdom and humanistic interactions (Weldani et al., 2024).

Compared to the 2020 survey on handball shooting at Sumenep, the current R&D results show a 40% reduction in "Human Error" during data collection, ensuring that the student's development is monitored through high-impact educational practices (HIEPS) rather than subjective estimates.

4. DISCUSSION

The integration of AI-based analytics via OpenPose and IoT sensors at Universitas PGRI Sumenep reveals a transformative shift in psychomotor mastery that transcends traditional manual instruction. The observed surge in precision and tactical awareness originates from the 'immediate feedback loop'—a mechanism where data-driven scaffolding replaces the delayed-prone subjective evaluation typical of conventional handball pedagogy. In the past, coaching relied heavily on the "coach's eye," which, while experienced, is inherently limited by human visual processing speeds and subjective bias. By contrast, AI-integrated infrastructure provides a relentless, objective mirror of performance. This study demonstrates that AI provides a tangible external validation of internal motor schemas, moving beyond the imagery-based cognitive training noted by Prasetyo and Nordiansyah (2020).

The significant improvement in shooting accuracy and coordination occurs because AI externalizes micro-errors in biomechanics—such as the specific angle of the elbow during a jump shot or the precise timing of the kinetic chain—that are nearly invisible to the naked eye. This forces a neuro-muscular recalibration in real-time, allowing students to correct their form mid-session rather than waiting for a post-practice debrief. This phenomenon confirms the theoretical framework of "Cyber-Swim" and "Inclusive Aquatic" transformations proposed by Weldani, Mas'odi, and Prasetyo (2024, 2026), where digital twins and AI-mediated movement analysis bridge the gap between abstract instruction and concrete execution. By digitizing the athletic body into a set of actionable data points, the infrastructure at Sumenep functions as a pedagogical catalyst, accelerating the transition from cognitive stages of learning, where the student is still "thinking" about the movement, to autonomous motor flow, where the movement is subconscious and optimized.

Critically analyzing the cognitive-tactical dimensions, the results suggest that AI-integrated infrastructure facilitates a state of 'Muraqabah' (self-vigilance) within the athletic context. In this framework, students become hyper-aware of their spatial positioning and decision-making patterns, knowing that every movement is tracked and analyzed. This is not a restrictive surveillance, but an empowering form of self-awareness that aligns with 'Relationship-rich Learning' (PECTC, 2024). While historical studies in handball pedagogy often struggle with the 'transfer-of-learning' from static drills to dynamic game situations (Flores-Rodríguez, 2021), the real-time data visualization provided by IoT sensors creates a high-fidelity environment that mirrors the complexity of actual competition.

For example, sensors can track defensive gaps and suggest optimal passing lanes, effectively training the student's "tactical vision" through algorithmic guidance. This interaction creates a high-impact educational practice (HIEPS) where the student is in a constant dialogue with the facility. The data contradicts the traditionalist fear that technology alienates the athlete from the "soul" of the game; instead, it fosters a deeper dialectic between the student's intent and their physical output. This alignment demonstrates that smart infrastructure serves as a tool for holistic development, where the 'knowing' (cognitive) and the 'doing' (psychomotor) are unified. However, the observed neutrality in basic affective social interactions reveals a critical pedagogical boundary. AI, in its current form, is a master of individual optimization but remains agnostic to team spirit. The algorithmic feedback can perfect a player's individual stance, but it cannot yet measure or foster the 'Rahmah' (compassion and social bonding) necessary for a cohesive team unit. This anomaly suggests that while AI manages the 'how' of performance, the 'why'—rooted in communal ethics and leadership—remains a human-centric domain requiring specific, non-digital pedagogical interventions to ensure technology does not lead to social isolation.

From the perspective of environmental sustainability, the infrastructure model developed herein challenges the industry-standard focus on performance-at-all-costs. Traditional sports facilities are often high-energy consumers, with lighting, ventilation, and maintenance schedules operating on fixed, inefficient timers. By embedding energy-efficient IoT management into the training facility, this study aligns higher education sports infrastructure with the broader Sustainable Development Goals (SDGs), particularly Goal 9 (Industry, Innovation, and Infrastructure) and Goal 12 (Responsible Consumption). The infrastructure at Sumenep utilizes occupancy sensors and AI-driven climate control that adjusts in real-time based on the number of active players and ambient temperature, a model that mirrors the 'Smart Grid' solutions surveyed by Huseinović (2020). This integration is vital because the future of work for Physical Education (PJOK) graduates will increasingly demand a dual literacy: the ability to manage both human performance and the environmental impact of the facilities they oversee. This reflects the "Digital-Transformative Outbound" philosophy (Basri, Mas'odi, and Prasetyo, 2025, 2026), which seeks to re-engineer the character of PE teachers into 'green tech-literate' professionals. If a facility can reduce its carbon footprint by 20% through AI optimization while simultaneously improving athlete performance, it sets a new benchmark for "Quality Education" (SDG 4). This synergy proves that athletic excellence and environmental stewardship are not competing interests. The transition from a labor-intensive facility management model to an intelligent, automated one represents a disruptive shift in how universities perceive their physical assets—not just as costs to be managed, but as active, sustainable ecosystems that reflect the values of Society 5.0.

The long-term implications of this study suggest that the current Rps (Semester Learning Plans) for Sports Infrastructure and Facilities (RPS, 2024) must undergo a radical paradigm shift. We can no longer teach "facilities management" as merely a matter of inventory and court maintenance; it must include data science, sensor calibration, and ethical AI oversight as core competencies. This evolution addresses the chronic gap in traditional PE programs that often produce technically skilled coaches who are effectively "digital illiterates" when faced with modern sports science. Furthermore, the findings argue for a policy shift toward 'Smart-Sustainable Campus' initiatives, where infrastructure is treated as a primary data source for institutional research and longitudinal student health tracking. By confronting the data with 'Industry 4.0' literature (Oztemel, 2020), this study positions handball training as a microcosm of the global digital transformation. The unique contribution of this research lies in its successful synthesis of three seemingly disparate fields: high-performance psychomotor mastery, environmental ethics, and digital literacy. The consequences of failing to adopt this model are clear: a continued reliance on inefficient training methods and unsustainable resource consumption that leaves graduates ill-prepared for a technology-driven labor market. Ultimately, this paradigm shift ensures that student performance is no longer measured in a vacuum. Instead, it is understood as a dynamic outcome of an interconnected ecosystem where technological adaptability is tempered by ecological responsibility, creating a new standard for excellence in 21st-century physical education.

5. CONCLUSIONS AND SUGGESTIONS

5.1 Conclusion

Based on the research and development of the smart sports infrastructure model

for handball training at Universitas PGRI Sumenep, the following conclusions are drawn:

1. The integration of AI-based IoT sensors and "OpenPose" motion analysis software provides a robust technological framework that significantly enhances students' psychomotor mastery, specifically in the precision of handball technical skills.
2. Real-time data scaffolding through smart infrastructure effectively improves students' cognitive tactical awareness, allowing for faster and more accurate decision-making during practice sessions.
3. The smart infrastructure model successfully addresses environmental sustainability paradigms by optimizing energy consumption and resource management within the training facility.
4. While AI analytics catalyze technical and physical performance, the technology demonstrates a neutral impact on basic affective social interactions, suggesting that digital tools alone cannot replace the need for human-centered pedagogical guidance.
5. The implementation of this model aligns higher education physical education programs with the Society 5.0 era and Sustainable Development Goals (SDGs), particularly in fostering industrial innovation and quality education.

5.2 Suggestion

To address the disconnect between technical AI optimization and social-affective development identified in this study, it is suggested that physical education instructors implement specific "blended-pedagogy" interventions that consciously combine data-driven feedback with collaborative group-based drills. Furthermore, future research should explore the long-term psychological impact of constant AI monitoring on student motivation and extend the application of this smart infrastructure model to other high-impact team sports to validate its scalability and cross-disciplinary effectiveness.

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