

**PENGUNAAN *RATING OF PERCEIVED EXERTION*
DALAM BERBAGAI KOMPONEN BIOMOTOR LATIHAN**

TESIS

Diajukan Untuk Memenuhi Sebagian Dari Syarat Memperoleh Gelar Magister
Program Studi Pendidikan Olahraga



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**Penggunaan *Rating of Perceived Exertion* dalam
Berbagai Komponen Biomotor Latihan**

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat
memperoleh gelar Magister pada
Sekolah Pascasarjana

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ABSTRAK

Pelatih harus mengetahui hubungan antara pembebanan latihan dan respon latihan. Cara yang dapat dilakukan agar kita dapat mengetahui hubungan antara pembebanan latihan dan respon latihan yaitu dengan menggunakan *Rating of Perceived Exertion* (RPE). Penelitian ini bertujuan untuk mengetahui efektivitas dari RPE untuk mengukur upaya atlet didalam komponen biomotor latihan kecepatan, kekuatan dan daya tahan. Metode eksperimen, dengan desain *The One-Shot Case Study*, 11 atlet renang dan 6 atlet selam, penelitian dilakukan sebanyak 3 sesi. Efektifitas penggunaan RPE pada komponen biomotor latihan kecepatan cabang olahraga renang sebesar 85% dan cabang olahraga selam sebesar 67%, efektifitas penggunaan RPE pada komponen biomotor latihan kekuatan cabang olahraga renang sebesar 70% dan cabang olahraga selam sebesar 83%. Penggunaan RPE untuk mengukur upaya atlet didalam komponen biomotor latihan kecepatan dan kekuatan menunjukkan persentase kesesuaian yang relatif besar. Penggunaan RPE dapat menjadi pilihan instrumen yang berefek untuk mengukur pembebanan latihan dalam berbagai macam cabang olahraga akuatik.

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