

**ANALISIS KORELASI VO<sub>2</sub> MAX, KECEPATAN DAN ROTASI  
PUTARAN KAKI PERMENT (RPM) KETIKA PEDALING  
POSISI DUDUK DAN BERDIRI**

*Study Kasus Atlet DKI Cabang Olahraga  
Balap Sepeda Nomor Road Race*

*diajukan untuk memenuhi sebagian dari syarat untuk memperoleh gelar Magister  
Pendidikan Pada Program Studi Pendidikan Olahraga*



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA  
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KETIKA PEDALING POSISI DUDUK DAN BERDIRI**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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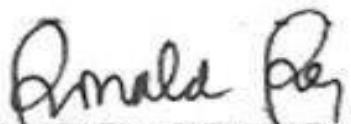
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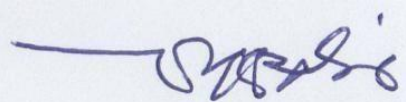
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# **ANALISIS KORELASI VO2 MAX, KECEPATAN DAN ROTASI PUTARAN KAKI PERMENIT (RPM) KETIKA PEDALING POSISI DUDUK DAN BERDIRI**

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**Kata Kunci:** VO2 Max, Posisi Pedaling, dan Kecepatan  
**Abstrak:** Tujuan penelitian ini adalah untuk mengetahui korelasi antara VO2 Max pedaling posisi duduk dan berdiri terhadap kecepatan. Sampel dalam penelitian ini adalah sepuluh atlet junior DKI Jakarta. Metode penelitian yang digunakan adalah deskriptif. Analisis data menggunakan SPSS versi 20. Hasil analisis dan perhitungan data mengungkapkan bahwa VO2 max dan posisi pedaling memiliki hubungan yang signifikan terhadap kecepatan bersepeda. Kemudian posisi pedalling berdiri lebih cepat dibandingkan dengan posisi pedaling duduk

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