

**DAMPAK PEMBERIAN SPORT MASSAGE DAN ACTIVE RECOVERY
TERHADAP LAKTAT PEMULIHAN**

TESIS

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



**Diajukan Oleh
Mohamad Brilian (1802603)**

**STUDI REGULER ILMU KEOLAHRAGAAN
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SEKOLAH PASCASARJANA
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**DAMPAK PEMBERIAN SPORT MASSAGE DAN ACTIVE RECOVERY
TERHADAP KADAR LAKTAT DARAH**

**Oleh
Mohamad Brilian**

**Sebuah Tesis Yang Disusun Untuk Memenuhi Salah Satu Syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga Konsentrasi Ilmu Keolahragaan**

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LEMBAR PENGESAHAN
DAMPAK PEMBERIAN SPORT MASSAGE DAN ACTIVE RECOVERY
TERHADAP LAKTAT PEMULIHAN

Disetujui dan Disahkan oleh :

Pembimbing I



Dr. Surdiniaty Ugelta, M.Kes., AIFO.

NIP.195912201987032001

Pembimbing II



dr. Pipit Pitriani, M.Kes., Ph.D

NIP.197908262010122003

Mengetahui

Ketua Program Studi Pendidikan Olahraga

Sekolah Pascasarjana UPI



Prof. Dr. H. Amung Ma'mun M.Pd

NIP.196001191986031002

SURAT PERNYATAAN BEBAS PLAGIARISME

Saya yang bertanda tangan di bawah ini:

Nama: Mohamad Brilian

NIM: 1802603

Prodi: Pendidikan Olahraga

Menyatakan bahwa tesis saya dengan judul “DAMPAK PEMBERIAN SPORT MASSAGE DAN ACTIVE RECOVERY TERHADAP LAKTAT PEMULIHAN” ini beserta seluruh isinya adalah benar-benar karya saya sendiri.

Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, 18 Januari 2021

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