

**PENGARUH PENGGUNAAN MODEL PERIODISASI GELOMBANG  
(UNDULATING) DALAM KEKUATAN TERHADAP PENINGKATAN  
POWER ENDURANCE**

**SKRIPSI**

Diajukan Untuk Memenuhi Sebagian Syarat Memperoleh Gelar Sarjana Olahraga  
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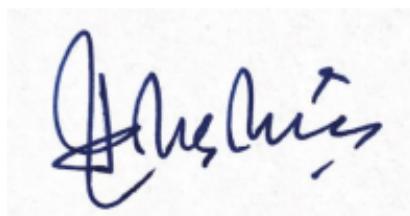


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## **ABSTRAK**

### **PENGARUH PENGGUNAAN MODEL PERIODISASI GELOMBANG (UNDULATING) DALAM KEKUATAN TERHADAP PENINGKATAN POWER ENDURANCE**

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**Pembimbing I : Iman Imanudin, S.Pd., M.Pd.**

Power endurance sangat dibutuhkan untuk menunjang prestasi salah satu model yang digunakan yaitu dengan model undulating. Permasalahan yang terjadi adalah kapan power endurance dibutuhkan dan program seperti apa yang baik untuk digunakan yang sesuai dengan kebutuhan atlet pada cabang olahraga itu sendiri. Tujuan penelitian tersebut untuk mengetahui bagaimana peningkatan *power endurance upperbody* (lengan) dan *lowerboy* (tungkai) setelah menggunakan model periodisasi *undulating*. Metode penelitian yang digunakan adalah poor eksperiment The One-Group Pretest-Posttest Design. Sampel yang digunakan mahasiswa tingkat dua Ilmu Keolahragaan FPOK UPI yang berjumlah 15 orang. Instrument untuk mengukur power endurance uperbody clapping push up, sedangkan untuk mengukur pe lowerbody dengan hurdle jump. Analisis data yang digunakan yaitu uji paired simple t Test. Hasil penelitian menunjukan bahwa Model Periodisasi *Undulating* memberikan dampak yang signifikan terhadap peningkatan *power endurance upperbody* dan *lowerbody*.

**Kata kunci:** Model Periodisasi *Undulating*, *Power endurance*.

## **ABSTRACT**

### **THE EFFECT OF USING THE UNDULATING PERIODIZATION MODEL IN STRENGTH TOWARDS INCREASE POWER ENDURANCE**

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**Advisor I : Iman Imanudin, S.Pd., M.Pd**

Power endurance is needed to support the performance of one of the models used, namely the undulating model. The problem that occurs is when endurance is needed and what kind of program is good to use according to the needs of athletes in the sport itself. The purpose of this study was to see how to increase the endurance of the upper body (arm) and lowerboy (leg) after using the undulating periodization model. The research method used was a bad experiment The One-Group Pretest-Posttest Design. The sample used was the second level students of Sport Science FPOK UPI which connected 15 people. Instrument for measuring upper body endurance, clapping push ups, while measuring the lower body with jumping hurdles. The data analysis used was the Paired Simple T Test. The results showed that the Periodization Model had a significant impact on increasing upper and lower body resistance.

**Keywords:** Undulating Periodization Model, Power Endurance.

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