DAMPAK PENERAPAN MODEL PERIODISASI BLOK TERHADAP PENINGKATAN KEMAMPUAN KEKUATAN MAKSIMAL OTOT BAGIAN ATAS *(UPPER BODY)*

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Program Studi Pendidikan Kepelatihan Olahraga

oleh,

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UNIVERSITAS PENDIDIKAN INDONESIA

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Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Pendidikan (S.Pd.) Program Studi Pendidikan Kepelatihan Olahraga

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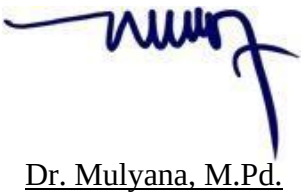

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DAMPAK PENERAPAN MODEL PERIODISASI BLOK TERHADAP PENINGKATAN KEMAMPUAN KEKUATAN MAKSIMAL OTOT BAGIAN ATAS *(UPPER BODY)*

ABSTRAK

Penelitian ini bertujuan untuk mengetahui dampak penerapan model periodisasi blok terhadap peningkatan kemampuan kekuatan maksimalotot bagian atas *(Upper Body)*. Metode penelitian yang digunakan adalah metode eksperimen dengan desain penelitian *The one group pretest postest design*. Populasi yang digunakan dalam penelitian ini adalah atlet Unit Kegiatan Mahasiswa futsal putri UPI dan sampel yangdigunakan yaitu 12 orang atlet unit kegiatan mahasiswa futsal putri dengan menggunakan pendekatan *purposive sampling*. Instrumen yangdigunakan dalam penelitian ini adalah *bench press*. Uji analisis data menggunakan *uji paired sample t test*. Hasil uji kelompok disimpulkanbahwa terdapat pengaruh yang signifikan terhadap dampak penerapan model periodisasi blok terhadap peningkatan kemampuan kekuatan maksimal otot bagian atas *(Upper Body)*.

Kata kunci: futsal putri, kekuatan maximal, otot bagian atas, periodisasi blok

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THE IMPACT OF THE APPLICATION OF THE BLOCK PERIODIZATION MODEL ON INCREASING THE MAXIMUM STRENGTH ABILITY OF THE UPPER BODY

ABSTRACT

This study aims to determine the impact of the application of the blockperiodization model on increasing the maximum strength of the upper (Upper Body) muscles. The research method used is an experimental method with a research design of One group pretest posttest design. The population used in this study was the UPI female futsal student activity unit and the sample used was 12 female futsal student activity athletes using a purposive sampling approach. The instrument used in this research is the bench press. Test data analysis using paired samplet test. The results of the Key group test that there is a significant effect on the impact of the application of the block periodization model on increasing the ability of the upper maximum strength (Upper Body).

keyword: block periodization, maximum strength, upper muscle body, women's futsal

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DAFTAR ISI

DAFTAR GAMBAR

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