

**DAMPAK PENERAPAN *CIRCUIT TRAINING* MELALUI MODEL
PERIODISASI *REVERSE* TERHADAP PENINGKATAN KEMAMPUAN
*POWER ENDURANCE***

SKRIPSI

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



oleh

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REVERSE TERHADAP PENINGKATAN KEMAMPUAN *POWER ENDURANCE***

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Sebuah Skripsi Yang Diajukan Untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Sarjana Pada
Fakultas Pendidikan Olahraga dan Kesehatan

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REVERSE TERHADAP PENINGKATAN KEMAMPUAN VO_2 *POWER ENDURANCE*

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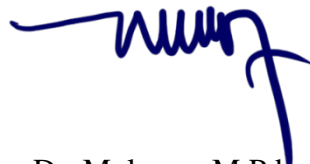
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ABSTRAK

DAMPAK PENERAPAN *CIRCUIT TRAINING* MELALUI MODEL PERIODISASI *REVERSE* TERHADAP PENINGKATAN KEMAMPUAN *POWER ENDURANCE*

Pembimbing : Dr. H. Dikdik Zafar Sidik, M.Pd

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Tujuan dari penelitian ini adalah untuk mengetahui Dampak Penerapan *Circuit Training* Melalui Model Periodisasi *Reverse* Terhadap Peningkatan *Power Endurance*. Metode penelitian yang digunakan adalah metode eksperimen dengan menggunakan *One Grup Pre-test Post-test Design*. *Purposive Sampling* digunakan untuk pengambilan sampel sebanyak 14 orang sampel dari pemain futsal putri UPI. Sampel melakukan *Pre-test* untuk mengetahui *Power Endurance* masing-masing sampel, lalu mereka diberikan *Treatment* sebanyak 12x pertemuan selama 4 minggu dengan latihan *Circuit Training*, setelah itu sampel melakukan *Post-test* untuk mengetahui pengaruh dari *Treatment* tersebut. Teknik pengolahan data menggunakan data *deskriptif analisis*, *uji normalitas*, *uji homogenitas*, dan *uji Paired Sampel T-Test*. Data penelitian yang telah didapat lalu dianalisis menggunakan uji *Paired Sampe TTest* dengan aplikasi komputer IBM SPSS versi 25.0. Hasil analisis menunjukkan bahwa terdapat peningkatan yang signifikan terhadap dampak penerapan model periodisasi *reverse* terhadap peningkatan kemampuan *power endurance* dengan nilai sig. $0,00 > 0.05$. hal itu dapat disimpulkan bahwa terdapat peningkatan yang signifikan terhadap Dampak Penerapan *Circuit Training* Melalui Model Periodisasi *Reverse* Terhadap Peningkatan Kemampuan *Power Endurance*.

Kata kunci : *Circuit Training*, Periodisasi *Reverse*, *Power Endurance*

ABSTRACT

IMPACT OF APPLICATION OF CIRCUIT TRAINING THROUGH REVERSE PERIODIZATION MODEL ON INCREASING POWER ENDURANCE CAPABILITIES

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The purpose of this study was to determine the impact of implementing circuit training through the reverse periodization model on increasing endurance. The research method used is an experimental method using One Group Pre-test Post-test Design. Purposive Sampling was used for sampling as many as 14 samples from UPI female futsal players. The sample did a Pre-test to determine the Power Endurance of each sample, then they were treated with 12 meetings for 4 weeks with Circuit Training, after that the sample did a Post-test to determine the effect of the Treatment. The data processing technique used descriptive data analysis, normality test, homogeneity test, and Paired Sample T-Test test. Research data that has been obtained and analyzed using the Paired Sampe TTest test with the IBM SPSS version 25.0 computer application. The results of the analysis show that there is a significant increase in the impact of the application of the reverse periodization model on increasing the power endurance ability with a sig value. $0.00 > 0.05$. it can be said that there is a significant increase in the impact of implementing circuit training through the reverse periodization model on increasing power endurance capabilities.

Keywords: Circuit Training, Reverse Periodization, Power Endurance

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