

2nd Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2018)

**Community Building and Development
Through Physical Education and Sports**

Advances in Social Science, Education and
Humanities Research Volume 278

Yogyakarta, Indonesia
26 – 27 October 2018

Editors:

**Siswantoyo, M. Kes
Or. Mansur**

**Soni Nopembri
Muhammad Ikhwan Zein**

ISBN: 978-1-5108-7867-9

Printed from e-media with permission by:

Curran Associates, Inc.
57 Morehouse Lane
Red Hook, NY 12571



Some format issues inherent in the e-media version may also appear in this print version.

This work is licensed under a Creative Commons Attribution 4.0 International Licence.
Licence details: <http://creativecommons.org/licenses/by/4.0/>.
Conference Website: <http://www.atlantis-press.com/php/pub.php?publication=yishpess-18>

Printed by Curran Associates, Inc. (2019)

For permission requests, please contact the publisher:

Atlantis Press
Amsterdam / Paris

Email: contact@atlantis-press.com

Additional copies of this publication are available from:

Curran Associates, Inc.
57 Morehouse Lane
Red Hook, NY 12571 USA
Phone: 845-758-0400
Fax: 845-758-2633
Email: curran@proceedings.com
Web: www.proceedings.com

TABLE OF CONTENTS

THE ASSOCIATION BETWEEN BODY MASS INDEX (BMI), LEG POWER, SPEED, AND CARDIORESPIRATORY FITNESS (CRF) AMONG ADOLESCENTS	1
<i>Dzihan Khilmi Ayu Firdausi, Muhammad Eka Mardiansyah Simbolon</i>	
THE CORRELATION BETWEEN BODY MASS INDEX, ABDOMINAL CIRCUMFERENCE, AND HIP CIRCUMFERENCE ON CARDIORESPIRATORY ENDURANCE USING THE ROCKPORT METHOD	4
<i>Prijo Sudibjo, Cerika Rismayanthi, Krisnanda Dwi Apriyanto</i>	
REDUCTION OF LDL CHOLESTEROL THROUGH MICT AND HIIT IN RATS	8
<i>Yanuar Dhuma Ardhiyanto, Widiyanto, Samsul Mu'Arif</i>	
THE EFFECTS OF HEALTH EDUCATIONAL LESSONS USING LEARNING ACTIVITIES THAT MAKE STUDENTS APPLY THE KNOWLEDGE	12
<i>Hideaki Tanimoto</i>	
THE EFFECT OF SPORT AND CIRCULO MASSAGE ON THE IMPROVEMENT OF WORK PRODUCTIVITY OF THE PHYSICALLY DISABLED	17
<i>Sumarjo, Sigit Nugroho, Agus Kristiyanto</i>	
SMARTPHONE: SOCIAL ATTITUDE AND HEALTHY LIFESTYLE	21
<i>Erwin Setyo Kriswanto, Indah Prasetyawati Tri P. S., Ranintya Meikahani, Fredericus Suharjana</i>	
THE POTENTIALS OF SPRING WATER IN BRINTIK INDONESIA AS THE STROKE THERAPY MEDIUM	26
<i>Anita Puspa Ningrum, B. M. Wara Kushartanti</i>	
THE ROLE OF PHYSICAL EXERCISE FOR MENOPAUSAL WOMEN.....	31
<i>Ni Luh Kadek Alit Arsani, I Ketut Sudiana</i>	
THE LEARNING MODEL OF HANDBALL BASIC MOVEMENT SKILLS THROUGH SIMPLE GAMES	35
<i>Rofiqul Umam, Hari Amirullah Rachman</i>	
DEVELOPING PLAYING ACTIVITY MODELS IN PHYSICAL EDUCATION TOWARDS IMPROVING MULTILATERAL ABILITIES AMONG ELEMENTARY SCHOOL STUDENTS.....	37
<i>Ilham Eryk Pratitis Robinson, Sri Winarni</i>	
DEVELOPING BASKETBALL USING TGFU APPROACH IN ELEMENTARY SCHOOLS	45
<i>Muhammad Nasihul Waffak, Pamuji Sukoco</i>	
THE DESIGN OF SPORTS CLUB OF PENCAK SILAT IN ELEMENTARY SCHOOL	49
<i>Suratmin, Adnyana Putra, I Putu Darmayasa</i>	
ANALYSIS IMPLEMENTATION LEARNING ADAPTED PHYSICAL EDUCATION IN STATE HIGH SCHOOL	54
<i>Pasca Tri Kaloka, Sugeng Purwanto, Yuyun Ari Wibowo</i>	
ELEMENTARY SCHOOL PHYSICAL EDUCATION AND SPORT IN INTEGRATED CURRICULUM	58
<i>Banu Setyo Adi</i>	
INTERVENTION MODEL OF PERCEPTUAL MOTOR DEVELOPMENT IN PRESCHOOL CHILDREN MOVEMENT DEVELOPMENT.....	61
<i>Hari Amirullah Rachman, Yudanto, Sujarwo, Sudardiyono</i>	
INSTRUCTIONAL MODEL OF SELF-DEFENSE LESSON IN PHYSICAL EDUCATION: A SYSTEMATIC REVIEW	66
<i>Nur Rohmah Muktiani, Erlina Listyarini, Saryono, Soni Nopembri</i>	
STUDENTS, TEACHERS, AND PARENTS: URGENCY IMPLEMENTATION OF WATER ACTIVITY IN PHYSICAL EDUCATION	70
<i>Suci Cahyati, Wawan S. Suherman</i>	
PHENOMENOLOGICAL STUDY OF EXPERIENCE AND MEANING ON K-13 IMPLEMENTATION BY ELEMENTARY PHYSICAL EDUCATION TEACHER PURWOREJO REGENCY	76
<i>Muhamad Sigid, Caly Setiawan</i>	
GOBAK SODOR GAMES AND CARDIOVASCULAR ENDURANCE OF ELEMENTARY SCHOOL CHILDREN.....	82
<i>Bayu Insanisty, Dian Pujianto</i>	
THE IMPLEMENTATION OF LEARNING BIG BALL GAME IN HIGH SCHOOL.....	85
<i>Nurhadi Santoso, Suhadi, Sri Mawarti, Riky Dwihandaka</i>	

ANALYSIS FOR THE DEVELOPMENT OF A PHYSICAL EDUCATION LEARNING MODEL FOR CHILDREN WITH SPECIAL NEEDS	88
<i>Ms Sumaryanti, Margono, Bernadeta Suhartini, Dapan</i>	
THE IMPLEMENTATION OF 2013 CURRICULUM IN ELEMENTARY SCHOOLS	90
<i>Ahmad Syarif, Tomoliyus, B. M. Wara Kushartanti</i>	
STUDENTS' PARTICIPATION IN PHYSICAL EDUCATION LEARNING THROUGH MODIFICATION OF EQUIPMENT	94
<i>Merryko Wahyu Juanna, Hari Amirulah Rachman</i>	
GOENRICH BASIC TECHNIQUE MODEL WITH PLAYING APPROACH FOR A BEGINNER TENNIS PLAYER.....	96
<i>Nurkadri</i>	
THE DIFFERENCE IN PHYSICAL FITNESS LEVELS OF INDONESIAN MALE AND FEMALE JUNIOR HIGH SCHOOL STUDENTS	101
<i>Aprida Agung Priambadha, Fitria Dwi Andriyani, Dapan, Desi Ardiyani</i>	
THE EFFECTIVENESS OF TASK ASSESSMENT STANDARD (TASK) IN THE TEACHING AND LEARNING PROCESS OF PHYSICAL AND HEALTH EDUCATION TEACHERS	105
<i>Mohd Izwan Shahril, Norkhalid Salimin, Shaharudin Abdul Aziz, Saryono</i>	
PHYSICAL EDUCATION TEACHERS' KNOWLEDGE AND PRACTICE OF EDUCATIONAL ASSESSMENT BASED ON GENDER: A SURVEY	109
<i>Azali Rahmat, Othman Lebar, Siti Eshah Mokshin, Jamal Nordin Yunus, Napisah Kepol, Mohd Uzi Dollah, Azliza Mohammad, Razmawaty Mohamad, Laily Fazlin Khairil, Salzuriawani Ridzwan</i>	
BOWLING MODIFICATION TO INCREASE THE BASIC MOVEMENT OF THROWING IN THE LEARNING OF PHYSICAL EDUCATION	113
<i>Ms Kartini, Eddy Purnomo</i>	
THE INFLUENCE OF VISUAL MEDIA ON THE FOOTWORK IN BADMINTON.....	115
<i>Abdillah, Ms Lismadiana</i>	
THE DEVELOPMENT OF ATHLETIC GAMES MODEL TO DEVELOP CHARACTER IN FOURTH-GRADE STUDENTS.....	117
<i>Dita Ayuning Tyas, Ria Lumintuarso</i>	
ENGAGING THE COMMUNITY IN PROJECT SKIP TO PROMOTE EARLY YEARS PHYSICAL LITERACY IN INDONESIA.....	120
<i>Jacqueline D. Goodway, Ruri Famelia, Yung-Ju Chen</i>	
PHYSICAL EDUCATION IS THE BASIC FOUNDATION TO BUILD HIGH PERFORMANCE ATHLETE.....	126
<i>Rajesh Kumar</i>	
VALIDITY AND RELIABILITY OF THE HOLISTIC ASSESSMENT STANDARD (SPH) BASED ON THE INVASION GAME CATEGORY IN PHYSICAL EDUCATION	128
<i>Mohamad Asmadi Bin Samdin, Mohd Izwan Bin Shahril, Norkhalid Bin Salimin</i>	
NATION CHARACTER BUILDING THROUGH PHYSICAL EDUCATION: LESSON LEARNES FROM 2013 INDONESIAN NATIONAL CURRICULUM.....	133
<i>Wawan Sundawan Suherman</i>	
SPIRITUAL DEVELOPMENT THROUGH ELEMENTARY PHYSICAL EDUCATION CLASSES.....	137
<i>Soni Nopembri, Ahmad Rithaudin, Saryono, Yoshio Sugiyama</i>	
DEVELOPING AFFECTIVE INSTRUMENT BASED ON PERFORMANCE IN EXTRACURRICULAR SWIMMING	141
<i>Rahma Afdhilla Nasution, Pamuji Sukoco</i>	
EFFECTS OF TRAINING METHODS AND POWER ON SHOOTING ACCURACY IN FOOTBALL	144
<i>Rian Desta Sintoko, Suharjana</i>	
MOTION-AND-SONG-BASED WARM-UP MODEL FOR CHILDREN WITH VISUAL IMPAIRMENT	147
<i>Hendrik Kusworo, Sri Winarni</i>	
EXERCISE BOX JUMP TO INCREASE THE STRENGTH OF LONG PASSES AND SHOTS.....	150
<i>Fadli Suardhana Eka Putra, Hari Amirullah Rachman</i>	
IDENTIFICATION OF THE OBSTACLE FACTORS FOR 2013 CURRICULUM IMPLEMENTATION OF PUBLIC JUNIOR HIGH SCHOOLS IN SLEMAN DISTRICT	153
<i>Bobitya Adrina, Wawan S. Suherman</i>	
THE INFLUENCE OF BALL MODIFICATION ON SEPAK TAKRAW SERVICE LEARNING OUTCOME	156
<i>Khairun Nizam, F. X. Sugiyanto</i>	
RELIABILITY OF FUTSAL SKILL TEST FOR HIGH SCHOOL PLAYERS	160
<i>Agus Susworo Dwi Marhaendro</i>	

STUDENTS REASONING ACHIEVEMENT USING GAMES PERFORMANCE ASSESSMENT INSTRUMENT IN PHYSICAL EDUCATION	166
<i>Norkhalid Salimin, Abdul Razak Noruzzaman, Mohd Izwan Shahril, Md Amin Md Taff, Syed Kamaruzaman Syed Ali</i>	
DIFFERENCES OF INFLUENCE OF PLAYING PLAYDOUGH AND PUZZLES ON FINE MOTOR SKILLS AND LOGICAL-MATHEMATICAL INTELLIGENCE IN EARLY CHILDHOOD	171
<i>Panggung Sutapa, Yudik Prasetyo, Fatkhurrahman Arjuna, Hadwi Prihatanta</i>	
CHANGES IN CHILDREN BEHAVIOR WITH MUSIC YOGA MOTION EXERCISE	175
<i>Nurmala Dewi, Ms Sumaryanti</i>	
THE ATHLETICS LITERACY THROUGH NEED ASSESSMENT SOFTWARE IN CONTRIBUTION TO THE PHYSICAL EDUCATION AND HEALTH LEARNING PROCESS	178
<i>Muhammad Imam Rahmatullah, Yustinus Sukarmin</i>	
DEVELOPING A MODEL OF CHARACTER EDUCATION OF 5T-BASED PENCAK SILAT.....	181
<i>Prabowo Hadi Saputro, Siswantoyo</i>	
THE EFFECT OF PLYOMETRICS TRAINING AND STRENGTHS ON POWER SKILLS AND AGILITY OF MALE PLAYER IN EXTRACURRICULAR VOLLEYBALL.....	186
<i>Wiga Nurlatifa Romadhoni, Djoko Pekik Irianto</i>	
THE CAPABILITIES OF SPORTS EDUCATION TEACHERS IN MAKING CHARACTER ORIENTED LESSON PLANS AND LEARNING PRACTICES.....	190
<i>Dimiyati, Komarudin, Ermawan Susanto, Joko Purwanto</i>	
WHOLE PART OR MINI GAMES, WHICH ONE IS THE MOST EFFECTIVE TRAINING METHOD TO IMPROVE FOREARM PASSING ABILITY IN VOLLEYBALL?	194
<i>Yudi Pratama, Djoko Pekik Irianto</i>	
THE EFFECT OF EXERCISE METHODS AND COORDINATION TOWARDS STUDENTS' EXTRACURRICULAR BASKETBALL SKILLS.....	198
<i>Muhammad Syaifullah Irwan, Ms Lismadiana</i>	
LEARNING ACTIVITY TO DEVELOP PHYSICAL LITERACY IN KINDERGARTEN	204
<i>Uray Gustian, Eka Supriatna, Edi Purnomo</i>	
DEVELOPMENT OF AUTHENTIC ASSESSMENT MODEL OF LEARNING OUTCOMES IN FIELD TENNIS COURSES	208
<i>Guntur, Sridadi, Ngatman, Danang Pujo Broto</i>	
EVALUATION OF THE 2013 CURRICULUM IMPLEMENTED BY PHYSICAL EDUCATION TEACHERS	216
<i>Budi Setiadi, Soegiyanto, Setiyo Rahayu, Hari Setijono</i>	
BADMINTON GAME EMPOWERMENT: A SYMBOL OF LEADERSHIP IN THE UNIVERSITY STUDENT ASSOCIATION.....	220
<i>Amat Komari, Am Bandi Utama, Agus Susworo Dwi Marhaendro, Raden Sunardianta</i>	
THE CONSTRUCTION OF INCLUSION AND INCLUSIVE TEACHING BY PHYSICAL EDUCATION TEACHERS	224
<i>Caly Setiawan, Muhammad Hamid Anwar, Fathan Nurcahyo</i>	
A SYSTEMATIC REVIEW OF TEACHING SWIMMING BASED ON CONSTRUCTIVIST APPROACH	231
<i>Subagyo, Moch. Slamet, Nur Sita Utami, Hedi Ardiyanto</i>	
USING THE CONTEXT, INPUT, PROCESS, AND PRODUCT EVALUATION MODEL (CIPP) TO EVALUATE ELEMENTARY SCHOOL TEACHER-LEARNER PROGRAM OF PHYSICAL EDUCATION IN YOGYAKARTA CITY.....	233
<i>Agus Sumhendartin Suryobroto, Tri Ani Hastuti, Herka Maya Jatmika</i>	
PERCEPTION OF PHYSICAL EDUCATION TEACHERS ON THE IMPLEMENTATION AND EVALUATION OF CURRICULUM 2013.....	236
<i>Ermawan Susanto, Pamuji Sukoco</i>	
A COMPARATIVE STUDY OF EFFECT OF INTERVAL AND CONTINUOUS TRAINING TOWARD OXIDATIVE STRESS LEVEL, ANTIOXIDANT ENZYME CAPACITY, AND RESISTANCE OF ERYTHROCYTE MEMBRANE	241
<i>Moch. Yunus, Endang Sri Wahjuni, Nurul Riyad Fadhl</i>	
EVALUATION PROGRAM FOR SPECIAL CLASS OF SPORT IN SENIOR HIGH SCHOOL LEVEL	247
<i>Ridho Gata Wijaya, Nurhasan, Edy Mintarto</i>	
STRATEGY OF SPORT INDUSTRY DEVELOPMENT AS SUPPORTING TOURISM IN DIY.....	252
<i>Ahmad Nasrulloh, Sumaryanto, Sigit Nugroho, Sumarjo</i>	

ROLES OF PARENTING AQUATIC ATHLETES THROUGH MEDIATORS ACHIEVMENT	
MOTIVATION	259
<i>F. X. Sugiyanto, Agus Supriyanto, Nur Indah Pangastuti</i>	
MARTIAL ART OF DAYAK CENTRAL KALIMANTAN (A STUDY OF HISTORY, PHILOSOPHY, AND TECHNIQUES OF TRADITIONAL MARTIAL ARTS)	262
<i>Eko Hernando, Siswantoyo</i>	
EVALUATION OF STUDENT SELECTION TEST MODEL OF SPORTS-SPECIFIC CLASS.....	267
<i>Tri Hadi Karyono, Abdul Alim</i>	
POSITIVE MENTAL HEALTH AND ITS ASSOCIATION WITH POSTURE: WITH REFERENCE TO SCHOOL CHILDREN	269
<i>Ghansham K Dhokrat</i>	
COMPARATIVE STUDY ON MENTAL HEALTH AMONG BADMINTON PLAYERS AND TABLE TENNIS PLAYERS OF THE KALABURAGI DISTRICT IN INDIA	271
<i>Jange</i>	
EFFECTIVE COUNSELING METHODS TO OVERCOME THE PSYCHOLOGICAL FACTOR OF A SPORTSPERSON	273
<i>C. Veerender</i>	
THE PICTURE OF TEACHING PHYSICAL EDUCATION AND SPORTS IN PRIMARY SCHOOL IN BURUNDI COUNTRY	277
<i>Japhet Ndayisenga, Wara Kushartanti</i>	
PSYCHOLOGY PREPARATION OF ATHLETES IN MALAYSIA: IT LOOKS IMPRESSIVE, BUT THEY HAVE NO REAL VALUE IN REALITY	280
<i>Shaharudin Abd. Aziz, Mohd. Izwan Shahril, Zulkifli Mamat</i>	
THE HISTORY OF PENCAK SILAT GOES TO THE WORLD IN THE PERIOD OF 1980-2000	284
<i>Firdhana Wahyu Putra, Siswantoyo</i>	
ANALYSIS OF INTERPERSONAL COMMUNICATION IN SPORTS	288
<i>Ika Novitaria M, Ari Subarkah</i>	
CHRONOLOGICAL CHANGES DURING 10-DAY INTERMITTENT FASTING WITH LOW ENERGY INTAKE ON HIGH INTENSITY AEROBIC PERFORMANCE AND LIPID CONSTITUENTS	292
<i>Ashril Yusof, Mohamed Nashrudin Naharudin</i>	
EVALUATION OF AEROMODELLING COACHING SYSTEM.....	298
<i>Liesda Oktoviani Nugraha, Wara Kushartanti</i>	
GAMES TO INTRODUCE BASIC MOTION OF MARTIAL ARTS.....	301
<i>Sulasikin Sahdi Kadir, Siswantoyo</i>	
IDENTIFICATION OF BASIC AGILITY MOVEMENT SKILLS ON SOCCER STUDENTS OF KU BETWEEN 11-13 YEARS	305
<i>Wahyu Wibowo Eko Yulianto, Siswantoyo, R. Agung Purwandono Shaleh</i>	
THE EFFECTS OF CIRCUIT AND FARTLEK EXERCISE METHOD AND PEAK EXPIRATORY FLOW ON VO2MAX.....	310
<i>Leo Pratama, Wara Kushartanti</i>	
FOOTBALL SKILLS: TRAINING METHODS AND MOTOR EDUCABILITY	316
<i>Yudha Rello Pambudi, Widiyanto</i>	
THE EFFECT OF ARTISTIC GYMNASTICS TALENT SCOUTING APPLICATION TO ARTISTIC GYMNASTIC BASIC SKILLS	319
<i>Endang Rini Sukanti, Sebastianus Pranatahadi</i>	
THE EFFECT OF VARIOUS PASSING EXERCISE AND ANKLE COORDINATION ON THE ACCURACY OF SHORT PASSING IN FOOTBALL	322
<i>Ega Gian Vembiarto, Ms Lismadiana</i>	
INFLUENCE OF TRAINING METHOD AND LEG POWER ON RUNNING SPEED.....	327
<i>Galih Dewanti, Ria Lumintuarso</i>	
TRAINING MODEL OF BADMINTON FOOTWORK FOR BEGINNER.....	333
<i>Ari Subarkah, Ika Novitaria</i>	
THE CONTEST VALIDATION OF CIRCUIT TRAINING DESIGN TO IMPROVE BIOMOTOR COMPONENTS IN TABLE TENNIS PERFORMANCE	336
<i>Tomaliyus, Devi Tirtawirya, Rumpis Agus Sudarko, Hasman Alhafiz Arif, Hary Widodo</i>	
THE COMBINATION OF DRIBBLING AND SHOOTING TRAINING MODELS BASED ON SPEED AND AGILITY IN FOOTBALL	339
<i>Yulianto Dwi Saputro, Sudarsono, Luthfie Lufthansa</i>	
THE EXERCISE METHOD AND EYE-FOOT COORDINATION IN SOCCER PLAYING SKILLS FOR 14-15 YEARS OLD PLAYERS	346
<i>Marzuki, Pamuji Sukoco</i>	

THE EFFECT OF PHYSICAL CONDITION ON THE ARTISTIC GYMNASTIC BASIC SKILLS.....	351
<i>Ratna Budiarti</i>	
COACHING ACHIEVEMENTS KKO IN SENIOR HIGH SCHOOL AS AN EVALUATION TO SPORT ACHIEVEMENTS	354
<i>Fajar Sriwahyuniati, Risti Nurfadhila</i>	
THE EFFECT OF PLYOMETRIC TRAINING TO SPEED OF VOLLEYBALL ATHLETES.....	357
<i>Mansur, Subagyo Irianto, Faidillah Kurniawan</i>	
RELATIONSHIP BETWEEN FLEXIBILITY WITH BALANCE IN THE ELDERLY BASED ON CLINICAL PATHOPHYSIOLOGY	359
<i>Cerika Rismayanthi</i>	
THE ROLE OF SPORTS MEDICINE IN ELITE SPORTS	361
<i>Evert Verhagen</i>	
LONG-TERM EFFECT OF MARATHON TO CARDIAC HEALTH – POTENTIAL MYOCARDIAL FIBROSIS	363
<i>Inarota Laily Mukti, Evert Verhagen, Harald Jorstad</i>	
PHYSICAL ACTIVITY AND MENTAL HEALTH IN YOUNG PEOPLE	366
<i>Stuart J. H. Biddle</i>	
LINKAGES OF SPORTS ACTIVITIES WITH SPIRITUALITY AND RELIGIOSITY OF COMMUNITY: THE CASE IN MUSLIM MAJORITY COUNTRY	369
<i>Rakesh Tomar</i>	
SHOOTING DRILLS WITH TARGET CHANGES TO IMPROVE THE ACCURACY OF PENALTY KICK IN SOCCER.....	374
<i>Arif Hidayat</i>	
EFFECT OF STRENGTH, FLEXIBILITY, BALANCE AND CONFIDENCE OF SUCCESSFUL WALL CLIMBING ATHLETES IN SOUTH SUMATRA.....	377
<i>Bayu Hardiyono</i>	
THE EFFECT OF MODERATE INTENSITY CONTINUOUS TRAINING (MICT) AND HIGH INTENSITY INTERVAL TRAINING (HIIT) ON ERYTHROCYTES, LEUKOCYTES, AND PLATELETS LEVEL	383
<i>Andryas Yuniarto, Panggung Sutapa</i>	
THE MOTION ANALYSIS TECHNIQUE OF FLAT TENNIS SERVICES	386
<i>Akhmat Bagus Ajizi, Ria Lumintuarso</i>	
AN EVALUATION OF THE IMPLEMENTATION OF SPECIAL SPORT CLASS PROGRAM OF JUNIOR HIGH SCHOOLS IN SLEMAN REGENCY	390
<i>Dana Frasetya, Guntur</i>	
SPORTS MANAGEMENT IMPLEMENTATION OF INDONESIAN SPORTS COMMITTEE IN OPTIMIZING SPORTS ACHIEVEMENT	393
<i>Andes Permadi, Sugeng Purwanto</i>	
RECOVERY DOES NOT PREVENT MYOCARDIAL DAMAGE DUE TO OVERTRAINING (BIOMOLECULAR AND PATHOBIOLOGY STUDIES).....	397
<i>Made Kurnia Widiastuti Giri, Muchsin Doewes, Ketut Indra Purnomo, Herka Maya Jatmika</i>	
THE EFFECT OF LISTENING MUSIC ON REACTION TIME OF BADMINTON PLAYERS.....	401
<i>Adnyana Putra, Ni Made Sri Dewi Lestari, Putu Adi Suputra</i>	
PHYSICAL FITNESS PROFILE OF INDONESIAN FEMALE RUGBY ATHLETES FOR ASIAN GAMES 2018	405
<i>Junaidi</i>	
HOLDING BOW DIGITAL TEST FOR STRENGTH AND ENDURANCE ARM MUSCLES OF ARCHERY	409
<i>Heru Prasetyo, Siswantoyo</i>	
RHYTHMIC GYMNASTICS OF THE EARLY CHILDHOOD	412
<i>Endang Murti Sulistyowati, Endang Rini Sukamti</i>	
THE DEVELOPMENT OF THE KICK ABHORIGI CHAGI INSTRUMENTS OF KYORUGI TAEKWONDO ATHLETES.....	416
<i>Ayub Taty Admaja, F. X. Sugiyanto</i>	
CAN MENTAL SKILLS INTERVENTION IMPROVE RESILIENCE OF ADOLESCENT BADMINTON ATHLETES?	420
<i>Gita Widya Laksmi Soerjoatmodjo, Clara Moningka</i>	
THE DEVELOPMENT OF THE FOREARM PASSING TRAINING MODEL IN VOLLEYBALL FOR BEGINNER ATHLETES	423
<i>Syamsuryadin, Mansur</i>	

THE INFLUENCE OF PLYOMETRIC EXERCISE ON THE LONG PASS RESULTS OF FOOTBALL PLAYERS IN ONE FOOTBALL CLUB IN MAGELANG INDONESIA	426
<i>Yusuf Sanggantara, Suharjana</i>	
SPORTS DEVELOPMENT INDEX OF BERAU DISTRICT EAST KALIMANTAN PROVINCE	429
<i>Oktofianus Matheus Molu Wato, Hari Amirullah Rachman</i>	
THE EFFECT OF TRAINING METHOD AND MOTIVATION TO INCREASE VO2MAX OF BASKETBALL PLAYERS.....	432
<i>Deden Ardiansah, F. X. Sugiyanto</i>	
CONTRIBUTING FACTORS TO THE LACK OF PARENTAL INVOLVEMENT IN SEPAK TAKRAW.....	438
<i>I Ketut Semarayasa, Setya Rahayu, Soegiyanto Ks, Taufiq Hidayah</i>	
THE EFFECTS OF PLYOMETRIC TRAINING AND AGE ON THE AGILITY OF SILAT FIGHTERS	441
<i>Rodhi R. Hidayat, Tomoliyus</i>	
DEVELOPING CORE STABILITY EXERCISE MODEL OF PLAYING APPROACH FOR CHILDREN AGED 10-12 YEARS TO IMPROVE ACCURACY IN 15 METERS ARCHERY	447
<i>Oktiita Indah Pratiwi, Mansur</i>	
THE ROLE OF PARENTING STYLE IN YOUTH SPORT TALENT	451
<i>Adhim Rahtawu, Agus Kristiyanto, Sapta Kunta Purnama</i>	
USING THE PROTOTYPE OF TABLE TENNIS SOFTWARE IN MANAGING TABLE TENNIS TOURNAMENT.....	456
<i>Deny Budi Hertanto, Sigit Nugroho, Hadwi Prihatanta</i>	
THE ENLIVENING SYSTEM OF BASKETBALL IN SOUTH SUMATERA.....	461
<i>Riyan Pratama</i>	
INFLUENCE OF TRAINING METHOD AND CONCENTRATION TO THE ACCURACY OF SHORT SERVICE BACKHAND IN BADMINTON	464
<i>Oloan Victory Manurung, Dimyati</i>	
THE EFFECTS OF EXERCISE METHOD AND ARM STRENGTH ON 200 METERS FREESTYLE SWIMMING ACHIEVEMENTS	468
<i>Evan Billy Andrianto, Dimyati</i>	
THE EFFECT OF CIRCUIT TRAINING ON AEROBIC FITNESS AND BODY FAT PERCENTAGE	472
<i>Presto Tri Sambodo, Suharjana, Galih Yoga Santiko</i>	
THE ANALYSIS OF DIVING RESISTANCE BY USING DRY STATIC METHOD FOR FREEDIVING BEGINNERS	476
<i>Syamsul Bakri, Suharjana</i>	
CONTRIBUTION OF LEG MUSCLE EXPLOSIVE POWER AND FLEXIBILITY ON LAY-UP SHOOT IN BASKETBALL.....	479
<i>Oki Candra</i>	
ANALYSIS OF THE IMPLEMENTATION OF ELEMENTARY SCHOOL SPORT CLUB MANAGEMENT	483
<i>Hendra Jaya Pratama, Ms Lismadiana</i>	
CHARACTERISTICS ANALYSIS OF BADMINTON IN FEMALE SINGLE PLAYER.....	486
<i>Nugroho Agung Supriyanto, Ainur Rasyid</i>	
A COMPARISON STUDY OF RUNNING ON SAND AND TARTAN TRACK TO INCREASE CARDIOVASCULAR ENDURANCE OF UNIVERSITAS NEGERI JAKARTA STUDENTS	489
<i>Kuswahyudi, Ramdan Pelana</i>	
SHOOTING TRAINING MODELS WITH THE PLAYING APPROACH FOR FUTSAL EXTRACURRICULAR OF JUNIOR HIGH SCHOOL STUDENTS	493
<i>Anggel Hardi Yanto, Panggung Sutapa</i>	
THE POTENTIAL OF SPORT TOURISM IN THE SOUTHERN COASTAL AREA OF YOGYAKARTA.....	498
<i>Ardiansyah Pradipta Kurma Sulistya, Ilya Rosida Perdana, B. M. Wara Kushartanti</i>	
COMPARING THE EFFECTS OF PLYOMETRIC DEPTH JUMP AND RIM JUMP TRAINING ON THE EXPLOSIVE POWER OF LEG MUSCLE AND THE LEVEL OF CREATINE PHOSPHOKINASE OF BASKETBALL PLAYERS.....	503
<i>Ekko Juli Fitrianto, Del Asri, Johansyah Lubis</i>	
THE EFFECTIVENESS OF CIRCUIT TRAINING WITH CONSTANT BREAK AND DECREASED INTERVALS ON VO2MAX, POWER, AND RECOVERY	510
<i>Sigit Nugroho, Riky Dwihandaka</i>	

THE RELATIONSHIP BETWEEN BLOOD GLUCOSE LEVEL AND STAMINA OF SEPAK TAKRAW ATHLETES	515
<i>Arfandi Akkase, B. M. Wara Kushartanti</i>	
THE DIFFERENCES OF PSYCHOLOGICAL CHARACTERISTICS BETWEEN MALE AND FEMALE TENNIS PLAYERS	517
<i>Abdul Alim</i>	
AN EVALUATION OF SWIMMING COACHING PROGRAMS	519
<i>Indra Gunawan, Sugeng Purwanto</i>	
THE PHENOMENOLOGICAL STUDY OF FANATICISM OF FOOTBALL PSS SLEMAN SUPPORTERS.....	523
<i>Ricki Agusman, Caly Setiawan</i>	
THE EFFECT OF TRAINING METHOD AND SPEED ON VO2MAX OF FUTSAL PLAYERS	526
<i>Benny Criya Permana, F. X. Sugiyanto</i>	
THE EFFECTIVENESS OF POST-WORKOUT FITNESS AND SPORTS MASSAGE IN CHANGING BLOOD PRESSURE, PULSE RATE, AND BREATHING FREQUENCY.....	529
<i>Bambang Priyonoadi, Ali Satia Graha, Rachmah Laksmi Ambardini, B. M. Woro Kushartanti</i>	
MOOD STATE PROFILE AS OVERTRAINING PREDICTORS: CONSIDERING GENDER AND TWO DIFFERENT CLASS TYPES	534
<i>Eka Novita Indra, Yustinus Sukarmin, Eka Swasta Budayati, Widiyanto</i>	
THE EFFECT OF WEIGHT TRAINING METHOD AND AEROBIC ENDURANCE ON THE IMPROVEMENT OF ANAEROBIC ENDURANCE	538
<i>Rian Dio Juliandri, Yustinus Sukarmin</i>	
THE DEVELOPMENT OF FOOTBALL BASIC SKILL LEARNING MODEL.....	541
<i>Slamet Riyadi, Rumi Iqbal Doewes, Fadilah Umar</i>	
ADJUSTMENT OF TEEN-AGED ATHLETES IN BADMINTON BOARDING SCHOOL	545
<i>Veronica Anastasia Melany Kaihatu, Adriatik Ivanti, Supriyanto</i>	
THE PROMISE OF A HOLISTIC ECOLOGICAL APPROACH TO STUDY BADMINTON TALENT DEVELOPMENT IN INDONESIA	550
<i>Hysa Ardiyanto, Caly Setiawan</i>	
BODYWEIGHT CIRCUIT TRAINING FOR BASKETBALL BEGINNER ATHLETES' AEROBIC ENDURANCE.....	554
<i>Risa Herdiyana Bastian, Tomoliyus</i>	
PHYSICAL EDUCATION SPORT AND HEALTH NATIONAL CURRICULUM AND ELITE SPORT DEVELOPMENT: POLICY, SYNERGY, OR CONFLICT?	558
<i>Sulistiyono, Wawan S. Suherman, Dwi Kurnianto</i>	
ETHICAL ISSUES IN RESEARCHING IMMIGRANT YOUTH PHYSICAL ACTIVITY: A NEW ZEALAND PERSPECTIVE	563
<i>Muhammad Hamid Anwar, Caly Setiawan, Herka Maya Jatmika</i>	
SPORTS ACHIEVEMENT ISSUES: PROFESSIONALISM, POLICY, RACISM, CHEATING, ABUSE, DOPING, GENDER.....	569
<i>Sujarwo, Suharjana, Hari Amirullah Rachman</i>	
THE EFFECTS OF TRAINING METHOD AND AEROBIC CAPACITY ON THE ANAEROBIC ENDURANCE OF TAEKWONDO ATHLETES IN DOJANG LAMPUNG BARAT.....	573
<i>Guntur Yuli Satria, Hari Amirullah Rachman</i>	
DIVE SPORTS CAREER OPPORTUNITIES IN INDONESIAN PROFESSIONAL SPORTS.....	579
<i>Satrio Sakti Rumpoko, Vera Septi Sistiasih, Ratna Kumalasari</i>	
IMPLEMENTATION OF SPORT SCIENCE COACHING: IMPROVING STRENGTH AND CONDITIONING PERFORMANCE OF TENNIS JUNIOR ATHLETES	582
<i>Rina Ambar Dewanti, Beltasar Tarigan, Dian Budiana</i>	
MEASUREMENT OF THE MUSCLE FITNESS LEVEL OF 9-12 YEARS OLD BADMINTON PLAYERS WITH THE KRAUS WEBER METHOD	586
<i>Dinan Mitsalina, Widiyanto</i>	
THE ANALYSIS OF VOLLEYBALL COACHING ACHIEVEMENT OBSTACLES IN LAMPUNG PROVINCE INDONESIA	589
<i>Kusbani, Soegiyanto Ks, Hari Setijono, Sulaiman</i>	
THE EFFECTS OF TRAINING METHODS AND EYE-HAND COORDINATION ON GROUNDSTROKE ACCURACY	592
<i>Rekyan Woro Mulaksito Mulyadi, Suharjana</i>	
STEM CELL THERAPY IN ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY	597
<i>Ukhti Jamil Rustiasari, Muhammad Ikhwan Zein</i>	

DEVELOPING FIVE® NEUROMUSCULAR WARM-UP AS FUTSAL INJURY PREVENTION PROGRAM.....	601
<i>Saryono, Muhammad Ikhwan Zein, Ahmad Rithaudin</i>	
PROFILE OF PRE-PRACTICE HYDRATION STATUS OF INDONESIAN JUNIOR SUB-ELITE KARATE ATHLETES: PILOT STUDY.....	604
<i>Djoko Pekik Irianto, Danardono, Muhammad Ikhwan Zein</i>	
COMPARATIVE STUDY OF EXPLOSIVE STRENGTH AMONG BOXERS AND TAEKWONDO PLAYERS OF OSMANIA UNIVERSITY HYDERABAD INDIA	607
<i>Janagama Prabhakar Rao, Yerraguntla Emmanuel Shashi Kumar</i>	
EFFECT OF WEIGHT TRAINING EXERCISES TO DEVELOP SPEED AND SHOULDER STRENGTH AMONG JAVELIN THROWERS OF ACHARYA NAGARJUNA UNIVERSITY GUNTUR.....	609
<i>P. P. Satya Paul Kumar</i>	
BODY RESPONSES TO COMBINATION OF ENDURANCE AND STRENGTH TRAINING FOR KIDS AGED 13-14 YEARS OLD.....	611
<i>Danang Wicaksono</i>	
THE DEVELOPMENT OF A HITTING PRACTICE TOOL MODEL ON WOODBALL	614
<i>Fernanda Iragraha, Sugiharto, Soegiyanto K. S., Hari Setijono</i>	
THE DEVELOPMENT OF SMART FLEXIBILITY TOOLS TO MEASURE THE DIGITAL-BASED ABILITIES	618
<i>Ardhana Purnama Putra, Siswantoyo</i>	
ERGOCYCLE TEST FOR THE DISABLED CHILDREN	622
<i>Sri Ayu Wahyuti, Siswantoyo</i>	
NEED ASSESMENT FOR DEVELOPMENT OF DIGITAL-BASED LEARNING MEDIA FOR JURUS REGU PENCAK SILAT	624
<i>Noor Ika Rifky Syarif Hidayat, Siswantoyo</i>	
NEED ASSESMENT OF SOFTWARE PREPARATION FOR PENCAK SILAT PHYSICAL TEST IN EARLY AGE	627
<i>Dewi Nurhidayah, Siswantoyo</i>	
A STUDY OF INDIVIDUAL AND TEAM GAME PLAYERS WITH RESPECT TO VISUAL AND AUDITORY REACTION TIME.....	630
<i>Haricharan Gajbhiye</i>	
EFFECT OF PLYOMETRIC TRAINING FOR DEVELOPMENT OF SPEED AMONG HIGH JUMPERS OF INDIA	632
<i>Hiremath Rajashekhar Mallikarjunayya</i>	
VALUATION OF 2 - MINUTE, 4 - MINUTE, 6 - MINUTE AND 8 - MINUTE RUN - WALK TESTS FOR MALE PHYSICAL EDUCATION STUDENTS	634
<i>Uday N. Manjre</i>	
COMPARATIVE STUDY OF AGILITY AMONG KORFBALL AND NETBALL PLAYERS IN HYDERABAD INDIA.....	636
<i>Loka Bavoji Laxmikanth Rathod</i>	
A STUDY ON THE AEROBIC FITNESS AMONG HOCKEY AND FOOTBALL PLAYERS OF GULBARGA UNIVERSITY INDIA.....	638
<i>Pasodi Mallappa Sharanappa</i>	
THE PERIODIZATION OF 4 AND 6 WEEKS CIRCUIT TRAINING AND AGE TO IMPROVE THE AEROBIC ENDURANCE OF BASKETBALL BEGINNER ATHLETES	640
<i>M. Rachmat Darmo Umar, Tomoliyus</i>	
CONSTRUCT VALIDITY FOR TALENT IDENTIFICATION TEST ATHLETIC WITH AIKEN'S V.....	647
<i>Budi Aryanto, Awan Hariono, Cukup Pahalawidi</i>	
EVALUATION PROGRAM OF PHYSICAL AND HEALTH EDUCATIONAL LEARNING IN JUNIOR SECONDARY SCHOOL IN THE GAYO LUES REGION OF ACEH.....	650
<i>Rani Fitria</i>	
A COMPARATIVE STUDY OF MENTAL HEALTH BETWEEN ATHLETE AND NON-ATHLETE.....	653
<i>Bhaskar Salvi</i>	
Author Index	