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PENGARUH LATIHAN BARRIER HOPS TERHADAP POWER OTOT TUNGKAI ATLET TAEKWONDO PUTRA

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Abstract

Abstrak: Penelitian ini bertujuan untuk mengetahui pengaruh latihan *barrier hops* terhadap *power* otot tungkai atlet taekwondo putra GIB club Palembang. Metode yang digunakan *pre-experiment* dengan menggunakan *one group pretest posttest design*. Populasi penelitian ini adalah seluruh atlet GIB club Palembang yang berjumlah 45 atlet, sampel yang digunakan berjumlah 30 atlet. Hasil *pretest* didapati lompatan tertinggi 39 cm dan lompatan terendah 27 cm dengan rata-rata lompatan 34,40 cm sedangkan hasil *posttest* lompatan tertinggi

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The Integrative Thematic Learning Model Guidance in Science Subjects to Improve Student Elementary School

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Abstract-The purpose of this study is to determine the improvement of learning outcomes of subjects Physical Education in grade V Elementary students using integrative thematic learning model for science subjects. This study uses classroom action research. The population in this study are students of Elementary School 02 of North Indralaya class V, amounting to 62 students. The sample used is the entire population of class V students, amounting to 62 students. Instrument of data collection in this research is knowledge test. The knowledge test sheet is used to measure the level of achievement of student learning outcomes using an integrative thematic learning model. This classroom action research uses 2 cycles. The data analysis technique used in this research is descriptive by using percentage to see the tendency during learning activities. The analysis results obtained significant

emotional within the framework of the national education system [1].

Physical education is a medium for achieving educational goals as well as to achieve goals that are internal into the physical activity itself [2]. This suggests that physical education called Penjasorkes (physical and health education in the school) is a subject that contains fairly complex material: the mastery of motor skills, physical fitness, and health education. This is in line with the goals and functions of physical education covering aspects of knowledge, attitudes, description, emotion and social, but in actual fact learning Penjasorkes is still considered as an additional

