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The 4th ISMINA

THE 4th INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION, SPORT AND HEALTH (ISMINA) AND WORKSHOP

"Enhancing Sport, Physical Activity, and Health Promotion for a Better Quality of Life"

PROCEEDINGS

APRIL 12th, 2017

**Auditorium of Semarang State University
(UNNES), Indonesia**

APRIL 13th, 2017

**Laboratory of "Prof. Soegijono" Sports Science Faculty,
Semarang State University (UNNES), Indonesia**



**SPORTS SCIENCE FACULTY
UNIVERSITAS NEGERI SEMARANG**

Hub of Sports and Health Science



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AND WORKSHOP: ENHANCING SPORT, PHYSICAL
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FOR A BETTER QUALITY OF LIFE**

April 12th–13th, 2017

Semarang – Central Java, Indonesia

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UNIVERSITAS NEGERI SEMARANG**

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The Rector's Word



It is my pleasure to welcome all the speakers and participants of the 4th International Conference on Physical Education, Sports and Health (ISMINA) at Universitas Negeri Semarang or UNNES. This remarkable conference is a part of the 52nd Anniversary of Universitas Negeri Semarang. The theme of this event is 'Enhancing sports, physical activities and health promotion for a better quality of life'. The theme itself is in line with UNNES' vision to become a conservation-minded university with international reputation.

Conservation at UNNES is not designed within a restricted sense but it widely covers three pillars: environment, characters and culture. The theme of this conference has covered all three pillars. The health promotion issues represent an effort to build a habitable environment. The enhancement of physical activities has covered the movement to promote sportsmanship. Sportsmanship is very important character for athletes and non-athletes around the world. Maintaining the culture of sports represents UNNES' effort to proliferate cultural conservation.

I believe that we meet here to discuss on crucial matters of humans wellbeing. We are living in an era where technology has been developing in an unprecedented pace. Our lifestyles have been affected heavily and now most of us sit in front of our computers in a lengthy period instead of doing meaningful physical exercise. Pollution and food enhancement chemicals are parts of our daily lives. The risk of people getting serious diseases is increasing and we have to do something about this. This conference is one of our efforts to solve world's problem.

Last but not least, I would like to extend my deepest gratitude to the invited speakers and instructors who have come to this conference to share your important ideas to the world. Your contribution is highly appreciated by UNNES and by all sports and health community members who attend this event. Do not forget to enjoy your time while you are staying in Semarang and especially your visit at Universitas Negeri Semarang.

Sincerely yours,

Prof. Dr. Fathur Rokhman, M.Hum.
Rector of Semarang State University (Unnes)

Preface from Dean of Sports Science Faculty



Beginning on almost 10 years ago, Faculty of Sports Science UNNES, conducted regularly international conference to nurture its academic atmosphere. Today, I am more than delighted to write a preface on this proceedings. The 4th International Conference on Physical Education, Sports and Health (ISMINA) also become our contribution to our beloved university anniversary, Universitas Negeri Semarang. The conference aims to serves as a platform which allows scholars, professionals, researchers and sports technocrats to share and discuss the latest knowledge and findings with the purpose of transforming a revitalization and rethinking in the effort to encourage investment in the program of Physical Education, Sports and Health as well.

Hopefully, all the presented issues can be understood and can be implemented operationally in the development of physical education, sports and health through this scientific meeting forum, involving scientists, stakeholders, and observer of sports and health.

I would like to deliver our highest respect and appreciation to Rector of Unnes, Prof Fatkhur Rokhman MHum, all the keynote speakers, Prof. Wanchai Boonrod, PhD (Dean of faculty of Sports Science, Chulalongkorn University Thailand), Ass. Prof. Koh Koon Teck, PhD (Assistant Head of Graduate Program PESS-NIE NTU Singapore), Dr. Jihane Tawilah (WHO Representative to the Republic of Indonesia) all the steering committee and scientific board member. Also allow me to express my gratitude to the participants and audiences from Indonesia and other foreign countries who are enthusiastic in attending this precious conference. I do hope that all audiences will gain important values and collaborate it into our own fields and make crucial changes in the future. Besides that, I also convey my appreciations to all of organizing committee who has given their outstanding commitment for presenting this international seminar and forum.

Sincerely yours,

Prof. Dr. Tandiy Rahayu, M.Pd.
Dean of Sports Science Faculty, Semarang State University (Unnes)

Preface from Ismina 4 Chairperson



Welcome to the 4th International Conference on Physical Education, Sport, and Health (ISMINA) and Workshop. It is projected to be an international event in physical education, sport, and public health field and aimed to become one of the benchmarks on sport, physical activities, as well as health promotion and education events, especially in Asia or even in international scale. This conference is the 4th series of previous conferences held in 2009, 2011, and 2013 hosted by Universitas Negeri Semarang

This conference is a great opportunity to gather all knowledge and practices on sports, physical activities, as well as health promotion to achieve healthy lives and promote well-being for all people at all ages.

We wish to express our sincere appreciation to all of the honorable Keynote Speakers, Prof. Wanchai Boonrod, PhD (Dean of faculty of Sports Science, Chulalongkorn University Thailand), Ass. Prof. Koh Koon Teck, PhD (Assistant Head of Graduate Program PESS-NIE NTU Singapore), Dr. Jihane Tawilah (WHO Representative to the Republic of Indonesia), Prof. Dr. Tandiyo Rahayu, M.Pd (Dean of Faculty of Sports Science, Universitas Negeri Semarang Indonesia), and all participants for their valuable contributions, and also to the ISMINA 2017 committee for their excellent works in organizing this event.

Thank you for joining us in Semarang on 12th – 13th April 2017. Your presents give contribution to make the ISMINA 2017 an outstanding scientific meeting and an opportunity to prepare experts for present and future. Welcome to ISMINA 2017, welcome to Semarang.

Your faithfully,

Dr. Henny Setyawati, M.Si.
Chair Person of International Conference of ISMINA 2017



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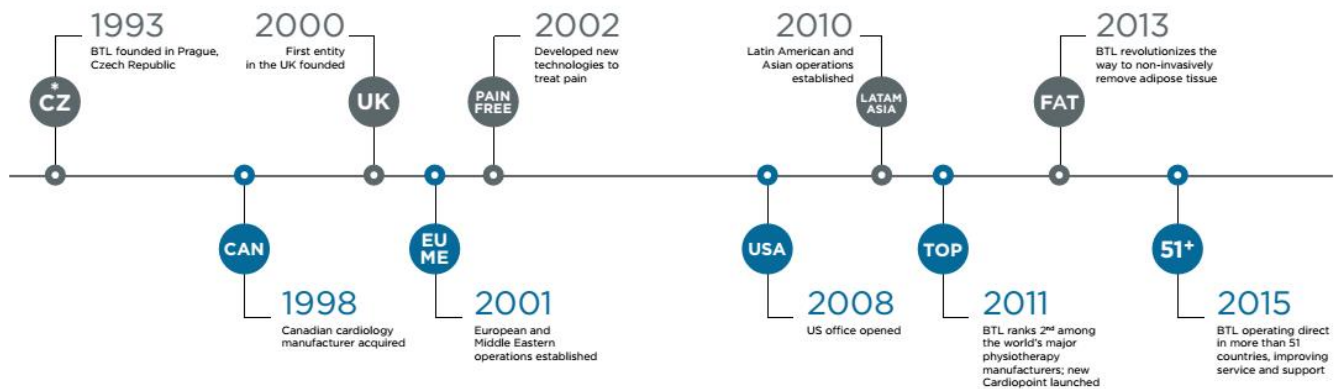


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PHYSICAL FITNESS OF SOUTH SUMATERA FOOTBALL ATHLETES FOR PON XIX 2016

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Abstract

This study aims to determine the physical fitness of South Sumatera football athletes for PON XIX 2016. The method used is survey method with test and measurement techniques. The physical components include power, muscular endurance, agility, flexibility, speed, aerobic capacity (VO₂max). The results for the power physical components gain average categories in 75% with medicine ball test. The muscular endurance physical components gain poor category with 83% in sit up test. The agility physical components gain excellent category with 58% in shuttle run test. The flexibility physical components gain good category with 46% in sit and reach test. The speed physical components gain excellent category with 63% in 20 m run test and the aerobic capacity (VO₂ max) physical components gain good category with 50% in bleeb test.

Keywords: Physical Fitness, Athletes, Football, PON XIX 2016.

INTRODUCTION

Football game consists of two teams, each team consists of eleven players who played on a rectangular open field with the aim of the game is to score as much as possible into the opposing goal. In Indonesia itself the popularity of this sport is increasing from year to year. More and more football teams are popping up, as well as the proliferation of matches are held.

Branch football is a sport game which is very popular with the people of Indonesia, including South Sumatra province. South Sumatra football team is a team that qualified for the Pre PON in Bangka Belitung 2015 as group winners and entitled as one of the teams of the 16 teams that follow the National Pekan Olahraga Nasional (PON) XIX September 2016 in Bandung, West Java.

Carrying the gold medal target at the PON XIX in 2016 in West Java, South Sumatra football team started training at Wisma Atlet Center Jaka Baring with a magnitude 26 athletes, four coaches under the command of the legendary Rudi Kelces. After a physical test against 24 athletes of the team coaches draw up an exercise program for 9 months with the first 3 months focusing on the physical aspects of the player, 3 months both on technical and tactical aspects and 3 months on strengthening the aspects of the team or trial. In this study the authors wanted to describe the physical condition of the athlete South Sumatra provincial football while competing in PON XIX in 2016 in Bandung, West Java which only reached the last eight large and thus a PON XIX football team in 2016 failed to achieve the target of a gold medal for the contingent South Sumatra.

Bompa opinions (2009), the physical condition is one element in achieving peak performance, to be able to achieve peak performance must be the physical exercise and the aim is to prepare physiological athletes to adapt to the load and exercise form. Then, according to (Fox, 2000), physical exercise is a systematic process of preparing athletes at the highest level performances done repeatedly with increasingly higher loads. Then Soekarman opinion (2000) that major achievement was to prepare the physical condition of athletes in accordance with the dominant component of the sport concerned.

Some of above opinion can be concluded that a good physical condition with regular and sustained exercise will be able to increase the ability of organs work and skill athletes, thus excellent physical condition will support the techniques, tactics and overall athlete appearances, in other words a peak physical condition to be able to determine the achievement of a championship team.

Theoretical Background

On the branches of sports games that require a long time needed a good physical condition, it is in accordance with the opinion of Bompa (2009) physical endurance will determine the success in achievement, especially in sports that require endurance in long periods of time without experiencing fatigue in when the game or race.

Physical ability according to Fox (2000), is the ability of functioning the organs of the body in physical activity. Physical ability is very important because skilled movements can be done if his physical ability is adequate to support developing psychomotor activity. Pate (1990) argues, physical condition is the complete unity of the physical components that can not be separated from one another, both increases and maintenance. Thus, in improving the physical condition of the entire physical component must be trained to develop.

The physical condition can reach the optimum point when to start training as early as possible and is done continuously and continuing based on the basic principles of exercise. The ability of a person's physical condition can be determined by doing a physical exam, can be done in laboratory or in the field. Good physical condition has advantages such as fatigue while training or matches, capable and easily learn the skills that are relatively difficult, exercise programs can be completed without having a lot of obstacles and can complete the strenuous exercise (Iyakrus,2013). The physical condition is required by an athlete, because without the support of top physical condition then the achievement of the peak will encounter many obstacles, and impossible to reach high achievement. Thus, it is necessary for the physical test of physical ability and determine the future direction of physical exercises for an athlete.

The role of physical test for an athlete is to see the weakness and disability, in order to do the exercises directed towards maximum performance in the face of a match or competition. This is in line with the opinion of Widiastuti (2015) physical test aims to: a) identify the physical condition of athletes, b) monitor the progress of the exercise, c) diagnose the weaknesses of the athlete, d) equalize the target coaches and athletes, e) predict potential achievements, and f) evaluate the program and the implementation of the exercise.

METHOD

The type of research used in this research is descriptive quantitative research with survey research methods to see the physical ability of South Sumatera football athletes for PON XIX 2016, with data collecting technique used test. This research was conducted in Jakabaring Sport City complex of Palembang, with a period of research in August 2016. The sample in this study is the South Sumatera football athletes for PON XIX 2016 consisting 24 people who follow the training center at Wisma Atlet Jakabaring Palembang. Data collection techniques used in this research is a form of field test as follows: a) vertical jump test to measure leg muscle strength, b) medicine ball test to measure arm muscles strength, c) push-up tests to measure muscle endurance arm, d) sit-up test to measure endurance abdominal muscles, e) shuttle run test to measure agility, f) sit and reach

test to measure flexibility waist, g) run 20 meter test to measure speed, and h) bleeb test to measure aerobic capacity (VO2 max) aerobic endurance (VO2 max) with a bleep test. The collected data is then analyzed statistically using the percentage was then calculated at each test category.

RESULT AND DISCUSSION

The test results in this study are described in the form of a frequency distribution data as shown in table 1 below:

Table 1. Data Description the results of physical tests South Sumatera football athletes for PON XIX 2016.

No	Component Fisik	Jenis Test	Category									
			Excellent		Good		Average		Fair		Poor	
			f	%	F	%	f	%	f	%	f	%
1	Power	Vertical jump	0	0	1	4	1	4	5	21	17	71
2		Medicine ball	6	25	0	0	18	75	0	0	0	0
3	Muscular Endurance	Push up	4	17	9	38	5	21	6	25	0	0
4		Sit up	2	8	0	0	1	4	1	4	20	83
5	Agility	Shuttle run	14	58	10	42	0	0	0	0	0	0
6	Flexibility	Sit and Reach	2	8	11	46	8	33	3	13	0	0
7	Speed	Run 20M	15	63	8	33	1	4	0	0	0	0
8	Aerobic Capacity (vo2 max)	Bleeb	1	4	12	50	3	13	1	4	7	29

Table 2. Data Description the results of physical tests South Sumatera football athletes for PON XIX 2016 based on percentage.

No	Component Fisik	Jenis Test	Mean	Category
1	Power	Vertical jump	63.91	Poor
2		Medicine ball	5.41	Average
3	Muscular Endurance	Push up	44.00	Average
4		Sit up	50.45	Poor
5	Agility	Shuttle run	11.63	Excellent
6	Flexibility	Sit and Reach	20.29	Average
7	Speed	Run 20M	2.95	Excellent
8	Aerobic Capacity (vo2 max)	Bleeb	50.77	Average

Diagram of test results by categories can be viewed as follows:

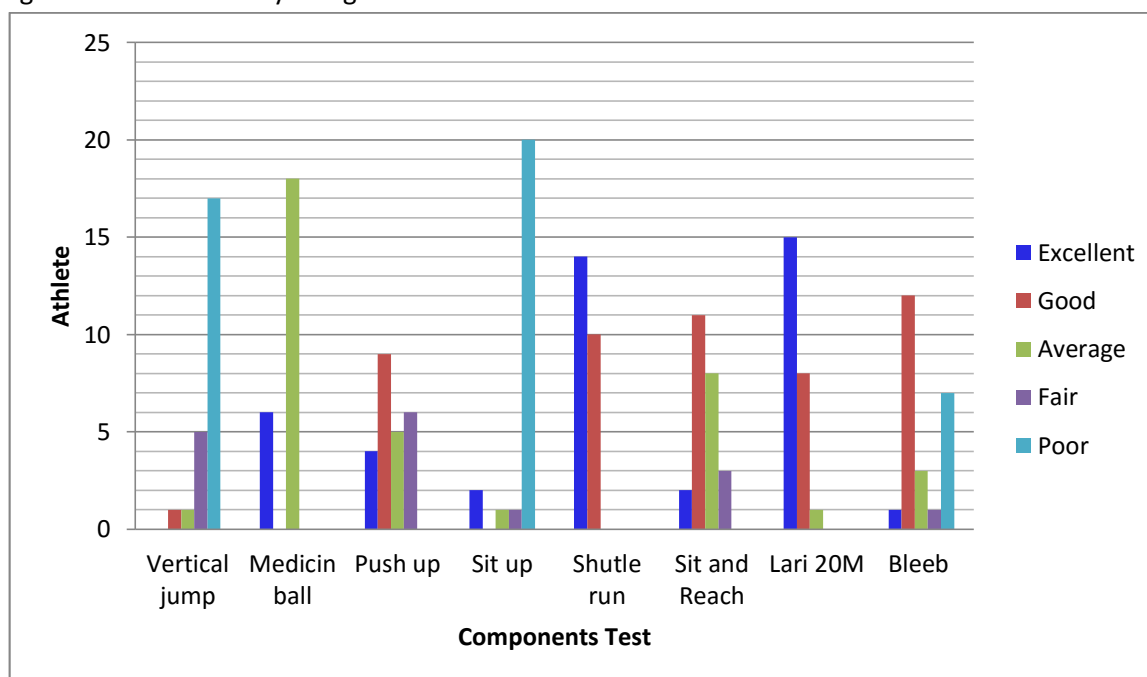


Figure 1. Categories Physical Tests PON Football Athletes

In Table 1 above leg muscle strength test results are 0 (0%) athlete with an excellent category, 1 (4%) athlete with a good category, 1 (4%) athlete with an average category, 5 (21%) athlete with a fair category, and 17 (71%) athlete with a poor category. Arm muscle strength test results, there are 6 (25%) athlete with an excellent category, 0 (0%) athlete with a good category, 18 (75%) athlete with an average category, 0 (0%) athlete with a fair category, and 0 (0%) athlete with a poor category. The push up test results, 4 (17%) athlete with an excellent category, 9 (38%) athlete with a good category, 5 (21%) athlete with an average category, 6 (25%) athlete with a fair category, and 0 (0%) athlete with a poor category. The sit up test results, 2 (8%) athlete with an excellent category, 0 (0%) athlete with a good category, 1 (4%) athlete with an average category, 1 (4%) athlete with a fair category, and 20 (83%) athlete with a poor category. The shuttle run test results, 14 (58%) athlete with an excellent category, 10 (42%) athlete with a good category, 0 (0%) athlete with an average category, 0 (0%) athlete with a fair category, and 0 (0%) athlete with a poor category. The sit and reach test results, 2 (8%) athlete with an excellent category, 11 (46%) athlete with a good category, 8 (33%) athlete with an average category, 3 (13%) athlete with a fair category, and 0 (0%) athlete with a poor category. Run 20 meter test results, 15 (63%) athlete with an excellent category, 8 (33%) athlete with a good category, 1 (4%) athlete with an average category, 0 (0%) athlete with a fair category, and 0 (0%) athlete with a poor category. The bleeb (VO₂ max) test results, 1 (4%) athlete with an excellent category, 12 (50%) athlete with a good category, 3 (13%) athlete with an average category, 1 (4%) athlete with a fair category, and 7 (29%) athlete with a poor category.

The results of the above research was supported by the opinion of Soekarman (2000) which states that the physical condition of athletes is of utmost importance to achievement, especially in a sport that requires excellent physical elements such as football. Then, research Iyakrus (2013) Physical exercise specifically leading to the physical needs of the dominant sports games such as branch sepak takraw is an absolute thing to do, in other words physical exercise in a physiological

sense is an improved system and organ function in its duty to realize an athlete's performance by physical aspects. The opinions above are supported by research Pate (1990) mentions physical exercise can increase the efficiency of several organs and functions involved in the implementation of the exercise. Physical exercise in principle is to provide the physical stress on the body on a regular basis, systematic, continuous so that can lead to their ability to do work.

The opinions above are supported with theory Bompa (2009) which states that the role of the dominant phases in the sports game is the physical condition of athletes that can sustain technique and appearance of confidence, so that, to achieve these conditions are the main physical exercise is carried out repeatedly and increases the resistance to increase strength and muscle endurance, physical exercise is also aimed at achieving a biological adjustment so that the activity can be displayed optimally. In principle, the exercise must be in accordance with the needs and must occur in order to face the task of biological stress or heavy work. In principle, the exercise must be in accordance with the needs and must occur in order to face the task of biological stress or heavy work. This opinion is consistent with research Marcello, F (2009) if you want to develop the physical condition of athletes must exercise in accordance with the dominant physical aspects, aspects of the power should exercise the power, if it wants to develop the aspect of speed should exercise speed, and if you want to develop the aspect of speed endurance should exercise speed endurance. According to Jan Hoff (2007) physiologically most basic principle of training is specific adaptations to imposed demand and progressive overload principle.

CONCLUSION AND REMARK

The results of physical tests South Sumatera football athletes for PON XIX 2016 can be summarized as follows: 1) leg muscle strength aspect with poor category, 2) arm muscles strength aspects with average category, 3) abdominal muscle strength and arm muscles aspect with average and poor category, 4) agility aspects with excellent category, 5) the aspect of flexibility with average category, 6) aspect of the speed with excellent category, and 7) aspects of aerobic capacity (VO₂ max) with average category.

Physical condition is an absolute thing that must be possessed by a football athlete in accordance with the physical components of the dominant sport, and physical test is an instrument that is necessary for an athlete to see his physical abilities and shortcomings in order to perform optimally in accordance with the coaches training program.

Suggested to the coaches that the above benefits to be trained according to the needs of a soccer athlete.

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