MAJALAH
ILMU FAAL
INDONESIA
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PENGARUH LATIHAN AEROBIK GELOMBANG PROGRESIF TERHADAP KADAR LEMAK TUBUH DAN KEBUGARAN AEROBIK PADA PENDERITA OVERWEIGHT

PENGARUH LATIHAN AEROBIK GELOMBANG PROGRESIF TERHADAP KADAR LEMAK TUBUH DAN KEBUGARAN AEROBIK PADA PENDERITA OVERWEIGHT

1. Djoko Pekik Irianto -->

Abstract

The purpose of this study was to compare the influence of progressive aerobic wave training with the linear aerobic training to rate of body fat and aerobic fitness of overweight. Type of this research is experiment study with randomized pretest posttest design, population of patient overweight in D.I. Yogyakarta, sampel used by 60 person, who come or asked voluntarily by filling inform concern. Analyse the data, test the assumption in the form of test normality by Chi Square, test the homogeneity of variant used Barlet test, while to test the hipotesis of research use one way variant analyse(ANAVA). Data-Processing by the application computer of SPS-2000 Sutrisnohadi and Yuni Pamardiningsih edition, degree of meaning specified by 5 %. The result of the study (1) progressive aerobic wave training cannot reduce body fat degree more than linear aerobic training of overweight, (2) progressive aerobic wave training increas aerobic fitness better than aerobic linier training of overweight.

Keyword : Aerobic, Progressive, Overweight, Aerobic, fitness, ,

Daftar Pustaka :