THE IMPORTANCE OF PARENTING ON GROWTH AND DEVELOPMENT IN TODDLERS
(Travanto, Anis Amiran)

COMBINATION OF METFORMIN AND HYPERBARIC OXYGEN THERAPY
INCREASED eNOS CONCENTRATION
(Bernadette Dian Novita Dewi, Endang Isandiati, Guritno)

DESCRIPTION OF BLOOD VISCOSITY FROM DIABETES MELLITUS OUTPATIENTS
IN ENDOCRINE CLINIC, AW SJAHRAINE HOSPITAL, 2009
(Carpepeoka LC, Kalalo LP)

2-METHOXYETHANOL EXPOSURE AFFECTS PROTEIN PROFILE
OF TESTICULAR SPERM MEMBRANE IN MICE (Mus musculus)
(Afiaf Hayati, Amila Mahmud, IB Rai Pidada)

EXTRACT OF Psidium guajava LEAVES REDUCES MALONDIALDEHYDE IN SOLEUS MUSCLE
OF WISTAR RATS DIRECTLY AFTER ACUTE PHYSICAL ACTIVITY
(Sanartati, Muhammad Hanafi, Nayuk Susilowati)

CONTRIBUTION OF LIFESTYLE AND OBESITY TO THE INCIDENCE OF PRE-DIABETES
(Kadex Ayu Erika)

K3 (OCCUPATIONAL HEALTH AND SAFETY) BEHAVIOR ANALYSIS AND NOSOCOMIAL
INFECTION RISK IN CLEANING SERVICE WORKERS AT DR. SEOTOMO HOSPITAL SURABAYA
(Noerddel Widjajati)

GROUNDSTROKE EXERCISE COMBINED WITH JOGGING CAN INCREASE
THE PHYSICAL FITNESS OF TENNIS PLAYERS
(Anfard Nusrulloh, Yudik Prasetya)

HEMATOCRIT AS A SCREENING TEST OF IRON DEFICIENCY OCCURRENCE
IN TETRALOGY OF FALLOT
(Bagus Siholyoedi, Uhanaya A, Rahman MA, Ontoseno T)

COMPARISON OF MATERNAL ZINC LEVEL IN TERM PREGNANCY ASSOCIATED
WITH PREMATURe RUPTURE OF MEMBRANES IN NORMAL PREGNANCY
(Muh. Nadir Abdullah, Moh. Fauro)

PREDOMINANCE OF RIGHT HEMISPHERE IN POST-ISCHEMIC STROKE
IMMUNITY MODULATION
(Noor Rachna)

SCREENING IN PROTEINURIA-HEMATURIA
AMONG 5 - 26 YEARS OLD STUDENTS IN CLOSED COMMUNITY SCHOOL
IN SURABAYA, INDONESIA
(Djoko Santoso)

NON-SPECIFIC PATTERN OF ULTRASONOGRAM (USG) IN LYMPHOMA OF THE BREAST
(Ami Ashariati, Ario Djarmiko, Wiyeni Ristanto, Lies Mardiyan, Sindrawati)

HORMONAL STATUS (ESTROGEN RECEPTORS · PROGESTERONE) AND HER-2 Neu
IN VARIOUS CYCLIN D1 EXPRESSIONS IN BREAST CANCER
(Imam Susilo, Imedo Theodore, Nia Kurniasari)

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# Table of Contents

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CONTRIBUTION OF LIFESTYLE AND OBESITY TO THE INCIDENCE OF PRE-DIABETES</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>THE IMPORTANCE OF PARENTING ON GROWTH AND DEVELOPMENT IN TODDLERS</td>
<td>237 - 240</td>
</tr>
<tr>
<td>3</td>
<td>COMBINATION OF METFORMIN AND HYPERBARIC OXYGEN THERAPY INCREASED eNOS CONCENTRATION</td>
<td>241 - 246</td>
</tr>
<tr>
<td>4</td>
<td>DESCRIPTION OF BLOOD VISCOSITY FROM DIABETES MELLITUS OUTPATIENTS IN ENDOCRINE CLINIC, AW SJAHRANIE HOSPITAL, 2009</td>
<td>247 - 252</td>
</tr>
<tr>
<td>5</td>
<td>2-METHOXYETHANOL EXPOSURE AFFECTS PROTEIN PROFILE OF TESTICULAR SPERM MEMBRANE IN MICE (Mus musculus)</td>
<td>253 - 256</td>
</tr>
<tr>
<td>6</td>
<td>EXTRACT OF Psidium guajava LEAVES REDUCES MALONDIALDEHYDE IN SOLEUS MUSCLE OF WISTAR RATS DIRECTLY AFTER ACUTE PHYSICAL ACTIVITY</td>
<td>257 - 262</td>
</tr>
<tr>
<td>7</td>
<td>OCCUPATIONAL HEALTH AND SAFETY BEHAVIOR ANALYSIS AND NOSOCOMIAL INFECTION RISK IN CLEANING SERVICE WORKERS AT DR. SEOTOMO HOSPITAL SURABAYA</td>
<td>270 - 274</td>
</tr>
<tr>
<td>8</td>
<td>GROUNDSTROKE EXERCISE COMBINED WITH JOGGING CAN INCREASE THE PHYSICAL FITNESS OF TENNIS PLAYERS</td>
<td>275 - 278</td>
</tr>
<tr>
<td>9</td>
<td>HEMATOCRIT AS A SCREENING TEST OF IRON DEFICIENCY OCCURRENCE IN TETRALOGY OF FALLOT</td>
<td>279 - 281</td>
</tr>
<tr>
<td>10</td>
<td>COMPARISON OF MATERNAL ZINC LEVEL IN TERM PREGNANCY ASSOCIATED WITH PREMATURE RUPTURE OF MEMBRANES IN NORMAL PREGNANCY</td>
<td>282 - 285</td>
</tr>
<tr>
<td>11</td>
<td>PREDOMINANCE OF RIGHT HEMISPHERE IN POST-ISCHEMIC STROKE IMMUNITY MODULATION</td>
<td>286 - 289</td>
</tr>
<tr>
<td>12</td>
<td>SCREENING IN PROTEINURIA-HEMATURIA AMONG 5 - 26 YEARS OLD STUDENTS IN CLOSED COMMUNITY SCHOOL IN SURABAYA, INDONESIA</td>
<td>290 - 295</td>
</tr>
<tr>
<td>13</td>
<td>NON-SPECIFIC PATTERN OF ULTRASONOGRAM (USG) IN LYMPHOMA OF THE BREAST</td>
<td>296 - 302</td>
</tr>
<tr>
<td>14</td>
<td>HORMONAL STATUS (ESTROGEN RECEPTORS - PROGESTERONE) AND HER-2 Neu IN VARIOUS CYCLIN D1 EXPRESSIONS IN BREAST CANCER</td>
<td>303 - 306</td>
</tr>
</tbody>
</table>
GROUNDSTROKE EXERCISE COMBINED WITH JOGGING CAN INCREASE THE PHYSICAL FITNESS OF TENNIS PLAYERS

GROUNDSTROKE EXERCISE COMBINED WITH JOGGING CAN INCREASE THE PHYSICAL FITNESS OF TENNIS PLAYERS

1. Ahmad Nasrulloh --> Department of Health Education and Recreation, Faculty of Sport, State University of Yogyakarta
2. Yudik Prasetyo --> Department of Health Education and Recreation, Faculty of Sport, State University of Yogyakarta

Abstract

This research study aims to determine how much of program contribution given in combination with aerobic anaerobic exercise to increase physical fitness of tennis players. The anaerobic exercise program given a blow to the forehand and backhand groundstrokes alternately 6-8 times as many punches. While aerobic exercise program of jogging around the pitch tennis. This research used quasi experiment design with the one group pretest-posttest design. The study population was students PAB DIY tennis. The research sample was determined randomly by lottery groups, in order to obtain research samples of all the students are practicing DIY PAB tennis in Bantul were 13 children consisting of 10 child-sex male and 3 female children. The instrument used is a multistage test to measure cardiorespiratory capacity (VO2 max) or physical fitness. Analysis used t test to determine whether there are differences between pretest and posttest variables in the experimental group. Results of analysis showed that the \( t \) \( t \prec 2.160 \) or \( t \succ 2.160 \) and \( t = -9.279 \) or 9.279 with significance level \( P = 0.000 < 0.05 \) means that there are significant differences between pretest to posttest. So we can say that exercise can improve groundstrokes combination of jogging, physical fitness students BAO DIY tennis.

Keyword : exercise, groundstrokes, jogging, physical, fitness,

Daftar Pustaka :