Pelatihan Magala-Gala dengan Takaran 15 Menit dalam 2 Set Lebih Baik dibandingkan Takaran 10 Menit dalam 3 Set dalam Meningkatkan Kebugaran Fisik Siswa Putra Kelas V Sekolah Dasar di Denpasar

Abstrak:

Physical fitness is an ability of human body to maintain their performance, without too much tiredness. Physical goodness level can be influenced by several factors among them are cardiorespiration, muscle endurance, power, flexibility and body composition. Cardiorespiration is important factor for many games such as magala-gala game. This game needs fast run and energetic to get maximum performance. This research conducted to find out the best training for physical fitness in magala-gala game. Design of research was randomized pretest- posttest group. There are 24 samples for two groups, which the first group done magala-gala game for 15 minutes in 2 set and the other for 10 minutes in 3 set. Physical fitness was assessed using 5 items test of physical fitness. The result showed that first group got physical fitness increased 47.22 % (p < 0.05) and the second group increased 37.50 % (p

Keyword:

Magala-gala training, physical fitness