

DEVELOPMENT OF MULTISTAGE AQUATIC TEST FOR SWIMMING ATHLETES

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ABSTRACT

This research is motivated by the limited development of aerobic capacity test instruments for swimming athletes. This study aims to produce a product development of aerobic capacity test instruments for swimming athletes. This research is a development research conducted through the following stages: information gathering, planning, product development in the form of making products validated by test & measurement experts and media experts. Furthermore, the product is tested on athletes through small group trials, revisions, large group trials, final product revisions. The results showed that there was no significant correlation between multistage in water and on land.

Kata Kunci: Test Development, Aerobic Capacity, Swimming