

THE EFFECT OF ENDURANCE TRAINING WITH VARIATIONS IN INTENSITY ON FAT DECREASING IN INDONESIAN AND SAUDI ARABIAN COLLEGE STUDENTS

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ABSTRACT

This study aims to be able to find new references, especially related to modified forms of exercise in an effort to decrease of fat of students. The specific target to be achieved in this study is to find the results of research related to how effective interval training modifications in the form of walking-jogging-running training are an effort to decrease of fat in students.

The research method in this research is quantitative with the research design referred to in this study is an experimental one group pre test and post test design. The research instrument used in this study was the Fat Test. This research was conducted with research subjects, namely study program students.

Based on the results of the research and discussion of research results in the previous chapter, it is seen from the fat decrease of fat lost of Sports Coaching Education Students, especially related to the condition by endurance exercise when viewed with the same treatment but in different places both in terms of habituation of life, climate, geography, humidity, body posture and so on, it can be concluded that each treatment group both in Yogyakarta, Indonesia and Dhahran Saudi Arabia, both the treatment group (walking), (walking-jogging), and (walking-jogging-running) experienced an decrease although with varying levels of significance. where the walking and jogging treatment group experienced a significant decrease with a significance value of 0.000, then the walking-jogging-run group experienced an decrease with the highest significance value of 0.001.

Kata Kunci: *Endurance, Training, Fat*