THE ANALYSIS AND EVALUATION OF ARMS POWER COMPONENT PHYSICAL CONDITION OF SUPERIOR SPORT BRANCH OF KEBUMEN DISTRICT, CENTRAL JAVA PROVINCE

by Subagyo Irianto1, Mansur1, Faidillah Kurniawan1, Herwin1 and Risti Nurfadhilah1

ABSTRACT

This article aims to analyze and evaluate the quality of the practice result through the test and measurement especially arm power biomotor component in the superior sports branch in Kebumen Regency, Central Java.

This research to reveal the data in this article refers to the mixing method research design (evaluation research). There is a statistic descriptive analysis of arm power which is known that the average arm power of the research subject is 5.57 meters. The subject lowest power is 2,50 meter, while the maximum arm power reached is 9 meter. The spread of research subject percentage showed that the research subject mostly has an armed power much less around 13 (54,17%), while the other 11 is (45,83%) it includes the low level.

The evaluation of data analysis form showed above is one of the research team recommendation in the practice to increase the arm power is by crawling exercises which are usually done in the form of pairs or you could say the term partner-wheelbarrow. The practice frequency is 3 – 4 times a week with practicing 80 – 90% intensity with 4 times repetition with the number of sets of 3 within a 10m x 2 round trip set with a break time of 1: 4 and interval training 4 in a fast exercise rhythm.

Kata Kunci: *Physical Condition, Arms Power, Analysis and Evaluation*