

THE EFFECT OF CIRCUIT EXERCISE WITH FIXED INTERVALS AND DECREASING ON THE ABILITY OF PHYSICAL COMPONENTS OF PRIVATE VOLLEY BALL PLAYERS

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ABSTRACT

This study aims to determine the differences in the effect of circuit training with a fixed rest interval and a decrease in the ability of the predominant physical component of a female volleyball player. Circuit training has a form or model in an exercise program consisting of several stations or posts and at each station an athlete performs a predetermined type of exercise.

His research is quantitative research, while in terms of the method used this study includes quasi-experimental research. Based on the data analysis using quantitative analysis the treatment group was measured by providing a type of exercise in the form of circuit training with a fixed rest interval and a decreased rest interval for increasing the ability of predominant physical components consisting of strength, muscle endurance, speed, flexibility, power, agility, cardiovascular endurance. The subjects used in this study were female volleyball athletes who had practiced at least 1 year in playing volleyball, aged 16-23 years, and were willing to be sampled in the study. In this study, the number of samples was 36 athletes.

The results showed that circuit training with a fixed rest interval generally had an influence on the predominant physical component, but the increase did not show a significant difference with the control. On the contrary the results of the study showed that circuit training with a decreased rest interval had an influence on the predominant physical component and the increase showed significant differences with the control. There are differences in circuit training with a fixed and decreased rest interval having an effect on the predominant physical component. The results showed that the increase in predominant physical components in circuit training with rest intervals decreased higher than the fixed rest interval.

Kata Kunci: *Circuit training, predominant physical components and ball games Volleyball*