

Development of High Intensity Interval Training (HIIT) For Reactive Agility Tennis: Literature Review and Validity

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ABSTRACT

The purpose of this study was to examine High Intensity Interval Training (*HIIT*) for Reactive Agility Tennis with a literature review approach and develop High Intensity Interval Training (*HIIT*) for Reactive Agility Tennis with Aiken validation. This research method consists of two stages: the first stage using the *Literature review* method and the second stage is Aiken validation. In the first stage, the participants of this research used documents. Data collection through the Pubmed database, and Google Scholar, used the PRISMA (*Preferre Reporting Items for Systematic Reviews and Meta Analysis*) technique to obtain the desired articles to be researched. Determining the paper to be analyzed has four steps, namely (1) identification, (2) screening, (3) eligibility, and (4) inclusion. Data analysis uses thematic analysis through three stages, namely *Compare, Contrast, and Criticize*. The second stage is validating the High Intensity Interval Training (*HIIT*) model for Reactive Agility Tennis. The participants of this study used eight experts. Data analysis using the Aiken formula. The results of the first phase of research by reviewing the results of previous research on HIIT for reactive agility tennis found similarities, namely in general, using high intensity, a minimum number of eight types, training frequency at least 3 times per week, whereas in general the difference in training intervals, the type of HIIT exercise in previous studies for Increases reactive tennis agility. In addition, there are very few HIIT studies for reactive agility in tennis. Therefore, it is necessary to develop HIIT for reactive agility tennis. The second stage of this research has found a high validity of Aiken value in the development of HITT for reactive agility tennis.

Kata Kunci: *HITT, reactive agility, tennis*