

ABSTRAK

Nurfaizy, Ivan. 2022. Analisis Hasil Latihan *Circuit Training* Terhadap Daya Tahan Tubuh *Atlet* Bola Basket KU 18 *club* CBN *BASKETBALL ACADEMY* SIDOARJO Program Studi Pendidikan Jasmani. Fakultas Pedagogik Dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr. Sumardi, M.Kes dan Gatot Margisal Utomo S.Pd., M.pd.

Kata Kunci: Daya Tahan Tubuh, *Circuit Training*, VO^2_{max} ,

Penelitian ini bertujuan untuk mengetahui : 1) adanya hasil latihan *circuit training* terhadap daya tahan tubuh *atlet* bola basket ku 18 *club* CBN *basketball academy* Sidoarjo.

Penelitian ini menggunakan penelitian kuantitatif dengan menggunakan metode analisis presentase dalam bentuk *quisioner*. Dari hasil analisis data, dekskripsi, populasi yang di gunakan adalah seluruh tim putra *club* CBN *Basketball Academy* dengan sampel berjumlah 20 orang. Populasi dan sampel penelitian ini berstatus sebagai objek penelitian pengujian hasil penelitian, dan pembahasan.

kesimpulan penelitian ini metode latihan *circuit training* adalah salah satu metode latihan yang dapat meningkatkan daya tahan tubuh (VO^2_{max}) *atlet* bola basket KU 18 *club* CBN *basketball academy* Sidoarjo, karena beberapa *atlet* bola basket di *club* CBN *basketball academy* mengalami peningkatan daya tahan tubuh yang sangat baik setelah melakukan metode latihan *circuit training*.

ABSTRACT

Ivan, Nurfaizy. 2022. Analysis of Circuit Training Results on Body Endurance for Basketball Athletes KU 18 club CBN BASKETBALL ACADEMY SIDOARJO Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Advisor Dr. Sumardi, M.Kes and Gatot Margisal Utomo S.Pd., M.pd.

Keywords: Body Endurance, Circuit Training, VO2max,

This study aims to determine: 1) the results of circuit training on the endurance of my basketball athletes at 18 club CBN basketball academy Sidoarjo.

This study uses quantitative research using the percentage analysis method in the form of a questionnaire. From the results of data analysis, description, the population used is the entire men's team of the CBN Basketball Academy club with a sample of 20 people. The population and sample of this study have the status of research objects, testing research results, and discussion.

The conclusion of this study is that the circuit training method is one of the training methods that can increase endurance (VO2max) for basketball athletes at KU 18 club CBN basketball academy Sidoarjo, because some basketball athletes at club CBN basketball academy experienced a very good increase in endurance. after doing the circuit training training method.