

ABSTRAK

Purwanto, Lano Hari. *PENERAPAN MODEL LATIHAN CIRCUIT TRAINING TERHADAP DAYA TAHAN ATLET ACADEMY BERKAH FUTSAL CLUB*. Program studi Pendidikan Jasmani. Fakultas Pedagogik dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing 1 Dr. Ujang Rohman., M.Kes, Pembimbing 2 Dr. Sumardi, M.Kes.

Kata Kunci : *Circuit Training*, Kondisi Fisik, Futsal.

Academy Berkah Futsal Club ini adalah salah satu tim futsal di Sidoarjo, tetapi akhir-akhir ini futsal mulai menurun dalam keikutsertaan turnamen yang berakibat menurunnya prestasi. Hal ini disebabkan karena program latihan kondisi fisik dan hanya fokus ke teknik dan taktik. Tujuan penelitian ini untuk mengetahui penerapan model latihan *circuit training* terhadap Daya Tahan Atlet Academy Berkah Futsal Club.

Penelitian ini menggunakan penelitian *Pre-Experimental Design* dengan *One Group Pretest-Posttest Design*. Teknik sampel pada penelitian ini menggunakan sampel dan subjek penelitian Pemain Academy Berkah Futsal Club yang berjumlah 15 Peserta. Instrumen yang digunakan Denyut Nadi Maksimal, *Squat*, *Sit Up*. Teknik analisis data menggunakan uji hipotesis dengan analisis uji t (paired sampel t test).

Hasil analisis uji t paired sampel test telah diperoleh nilai t hitung sebesar 11,014 yang mana t tabel dari Df (n-1) sebesar 2,144 sehingga nilai t hitung > t tabel dan nilai sig sebesar $0,000 < 0,05$, maka hipotesis penelitian ini dapat dinyatakan terdapat pengaruh penerapan model latihan *circuit training* terhadap daya tahan atlet Academy Berkah Futsal Club.

ABSTRACT

Purwanto, Lano Hari. APPLICATION OF THE CIRCUIT TRAINING MODEL TO THE ENDURANCE OF ATHLETE ACADEMY BERKAH FUTSAL CLUB. Physical Education Study Program. Faculty of Pedagogic and Psychology. PGRI Adi Buana University, Surabaya. Advisor 1 Dr. Ujang Rohman., M.Kes, Advisor 2 Dr. Sumardi, M. Kes.

Kata Kunci : Circuit Training, Physical condition, Futsal.

Academy Berkah Futsal Club is one of the futsal teams in Sidoarjo, but lately futsal has started to decline in participation in tournaments which has resulted in decreased performance. This is due to the physical conditioning training program and only focusing on techniques and tactics. The purpose of this study was to determine the application of the circuit training model to the Endurance Athletes of the Academy Berkah Futsal Club.

*This study used a Pre-Experimental Design with One Group Pretest-Posttest Design. The sample technique in this study used a sample and research subjects from the Berkah Futsal Club Players Academy, totaling 15 participants. The instruments used are Maximum Pulse, Squat, Sit Up. Data analysis techniques using hypothesis testing with *t* test analysis (paired sample *t* test).*

*The results of the paired sample *t* test analysis obtained a calculated *t* value of 11.014 where the *t* table of *Df* (*n*-1) was 2.144 so that the calculated value > *t* table and the sig value was 0.000 < 0.05, so the research hypothesis can be stated there is an effect of applying the circuit training model to the endurance of Academy Berkah Futsal Club athletes.*