



PROCEEDINGS

THE 1ST YOGYAKARTA INTERNATIONAL SEMINAR ON HEALTH, PHYSICAL EDUCATION, AND SPORTS SCIENCE.

Evidence-Based Practice of Sports Science in Education, Performance, and Health.

October 14th, 2017. Eastparc Yogyakarta, Indonesia



Published by
Faculty of Sport Sciences
Universitas Negeri Yogyakarta

For Further Information:

Universitas Negeri Yogyakarta, Indonesia
Phone : +62274 550826 (PR Office)
Mobile : +62857 2932 3727 (Mr. Satya)
 +62815 7802 0803 (Mrs. Cerika)
Email : yishpess@uny.ac.id
Website : yishpess.uny.ac.id



UNIVERSITÄT PADERBORN
Die Universität der Informationsgesellschaft



九州大学
KYUSHU UNIVERSITY



UNIVERSITI PENDIDIKAN SULTAN IDRIS
ايندريسي كئيدديسي سولتان ايدريس
SULTAN IDRIS EDUCATION UNIVERSITY



Chulalongkorn University
จุฬาลงกรณ์มหาวิทยาลัย



FAKULTAS ILMU KEDIDIRIAAN
UNIVERSITAS NEGERI YOGYAKARTA
1 OKTOBER 1961 - 1 OKTOBER 2017

CONTENT

Preface

Content

Keynote Speaker

- 1.THE STRUGGLE OF JERRY LOLOWANG: A CASE STUDY OF CANCER SURVIVOR IN ACHIEVING** 76
Author: *M. Erika Rachman*
Universitas Sebelas Maret
- 2.PHYSIOLOGICAL PROFILE OF MEMBERS HATHA YOGA EXERCISE** 83
Author: Galih Yoga Santiko
Universitas Negeri Yogyakarta
- 3.THE EFFECT OF INTERACTIVE VIDEO IN TEACHING VOLLEY BALL THROUGH BASIC PASSING TECHNIQUE** 91
Author: *Rekha Ratri Julianti*
Universitas Singaperbangsa Karawang
- 4.THE EFFECT OF DOMINANT PHYSICAL COMPONENTS, AND SELF-BASKET PLEEMBAN ATLET PALEMBANG TOWN SUCCESS FREE THROW** 98
Author: Bayu Hardiyono
Universitas Binadarma
- 5. DIFFERENCES IN FUTSAL SKILL BETWEEN CLUB AND HIGH SCHOOL PLAYERS** 105
Author: Agus Susworo Dwi Marhaendro
Universitas Negeri Yogyakarta
- 6. DEVELOPMENT OF INTEGRATED PHYSICAL EDUCATION LEARNING MODEL** 111
Author: *Sri Winarni*
Universitas Negeri Yogyakarta
- 7.THE EFFECT OF BLOCK PRACTICE, SERIAL PRACTICE AND RANDOM PRACTICE TO IMPROVE BASKETBALL FUNDAMENTAL SKILL FOR BEGINNER** 123
Author: *Riyan Pratama*
Universitas Bina Darma
- 8.THE DIFFERENCES OF INTRUCTIONAL MEDIA AND COORDINATION IN LEARNING OUTCOMES OF GROUNDSTROKES TENNIS ON NOVICE LEVEL ATHLETES** 131
Author: *Dian Pujianto*
Universitas Bengkulu
- 9. ANDROID BASED REFERENCE MODEL OF STUDENT'S SKILL COACHING** 139
Author: *Endang Rini Sukamti*
Universitas Negeri Yogyakarta

10. TEACHING BADMINTON SMASH BY USING TEAM GAME TOURNAMENT (TGT) MODEL IN SMP MUHAMMADYAH KARAWANG	145
Author: Didik Fauzi Dermawan Universities Singaperbangsa Karawang	
11. EFFECT OF INTENSIVE AND EXTENSIVE INTERVAL METHODS AGAINST ENHANCED SPEED ENDURANCE SPRINT 400 METERS	153
Author: Fajar Adi Nugroho Universitas Pendidikan Indonesia	
12. THE ATTEMPT OF IMPROVING POWERFUL KICK IN SOCCER USING WEIGHT TRAINING	161
Author: Yanuar Dhuma Ardhiyanto Universitas Negeri Yogyakarta	
13. IMPROVING STUDENTS LEARNING ACHIEVEMENT IN RUNNING BASIC LOCOMOTION MOVEMENT THROUGH GAME AT FIFTH GRADE STUDENT OF SD NEGERI 1 SURAKARTA IN THE ACADEMIC YEAR 2013/2014	167
Author: Luli Pitakasari Arnenda Universitas Sebelas Maret Surakarta	
14. THE INFLUENCE OF EXERCISE ON HOW TO THROW SOFTBALL BY USING THE TARGET TOWARDS THE ACCURACY OF THROWING SOFTBALL IN BUFFALOES UNS ATHELETE IN 2012	174
Author: Kristanto Adi Nugroho Universitas Sebelas Maret Surakarta	
15. MANAGEMENT OF DEVELOPING SWIMMING ACHIEVEMENT IN NPC (NATIONAL PARALYMPIC COMMITTEE) OF INDONESIA	181
Author: Nonik Rahmawati Universitas Sebelas Maret Surakarta	
16. CORRELATION OF BODY MASS INDEX AND CARDIORESPIRATORY FITNESS TO THE RISK OF METABOLIC SYNDROME IN ADOLESCENTS	189
Author: Abdullah Al-Hazmy Universitas Sebelas Maret Surakarta	
17. SOLO LAST FRIDAY RIDE AS A SPORT COMMUNITY IN SOLO	190
Author: Rianto Ardi Nugroho Universitas Sebelas Maret Surakarta	
18. DEVELOPING SNAKE LEADERS GAME FOR LEARNING MEDIA OF PHYSICAL EDUCATION SPORT AND HEALTH TO FOURTH GRADE STUDENTS OF MADANI ELEMENTARY SCHOOL IN PALU CITY	195
Author: Marhadi Universitas Tadulako	

19. THE EFFECT OF PLYOMETRICS TRAINING AND ACHIEVEMENT MOTIVATION TOWARDS LEG MUSCLE EXPLOSIVE POWER OF VOLLEYBALL ATHLETES IN UNIVERSITAS NEGERI PADANG	205
Author: Muhamad Sazeli Rifki Universitas Negeri Padang	
20. THE PSYCHOLOGICAL CHARACTERISTICS OF INDONESIAN SEA GAMES ATHLETES IN 2017 VIEWED FROM SPORT MARTIAL ARTS AND ACCURACY	210
Author: Bintara Universitas Negeri Yogyakarta	
21. EXPECTATION APPRECIATION AND PUBLIC PERCEPTION TO THE PHENOMENON OF STREETWORKOUT COMMUNITY	216
Author: Hari Hanggoro Universitas Sebelas Maret	
22. DEVELOPING OF TRADITIONAL GAMES AS NATION CULTURE THROUGH IN PHYSICAL EDUCATION LEARNING FOR ELEMENTARY SCHOOL STUDENTS	221
Author: Asriansyah Universitas PGRI Palembang	
23. CONTRIBUTION OF FLEXIBILITY, STRENGTH, AND BALANCE ON THE CARTWHEEL OF PKO STUDENTS CLASS 2016	229
Author: Ratna Budiarti Universitas Negeri Yogyakarta	
24. EFFECT SHORT-TERM AQUAROBIC EXERCISE ON DHEA-S LEVELS IN WOMEN	239
Author: Siti Baitul Mukarromah Universitas Negeri Semarang	
25. PREDICTION OF THE INCIDENCE RATE OF CARDIOVASCULAR DISEASE FOR THE EMPLOYEES AND LECTURERS OF YOGYAKARTA STATE UNIVERSITY BASED ON THE POST-EXERCISE RECOVERY HEART RATE	240
Author: Cerika Rismayanthi Universitas Negeri Yogyakarta	
26. EFFECTIVENESS OF UMAC-CPF EXERCISE MODEL ON MOTOR ABILITY OF INDONESIAN CP FOOTBALL PLAYERS	247
Author: Fadilah Umar Universitas Sebelas Maret	
27. DEVELOPMENT OF WEB-BASED TRACER STUDY AT THE DEPARTMENT OF SPORTS COACHING EDUCATION	256
Author: Subagyo Irianto Universitas Negeri Yogyakarta	

28. MOUNTAINEERING ACTIVITIES OF MERBABU AS SPORTS RECREATION SOCIETY (PHENOMENOLOGY STUDY ABOUT SOCIETY CONDUCTING ACTIVITIES OF MOUNTAINEERING IN THE MOUNT MERBABU NATIONAL PARK)	261
Author: Faisal Adam Rahman Universitas Sebelas Maret	
29. INCREASE VO₂MAX BADMINTON ATHLETES USE EXERCISES FOOTWORK WITH METHOD HIIT (HIGH INTENSITY INTERVAL TRAINING)	265
Author: Donie Universitas Negeri Padang	
30. THE EFFECT OF EXERCISE MODEL BASED ON INTERACTIVE MULTIMEDIA TO SEPAKTAKRAW SKILLS	270
Author: Didik Purwanto Universitas Tadulako	
31. SOCCER TRAINING MODEL IN YOUTH ATHLETE BASED ON THE LONG-TERM ATHLETE DEVELOPMENT (LTAD)	275
Author: Komarudin Universitas Negeri Yogyakarta	
32. LEARNING RESULTS IMPROVEMENT OF FOREARM PASSING RESULTS OF VOLLEY BALL GAME THROUGH DRILL METHODS ON STUDENTS XI.IPS.1 IN PUBLIC SENIOR HIGH SCHOOL I TELAGASARI KARAWANG	280
Author: Akhmad Dimiyati UNSIKA	
33. PHYSICAL EDUCATION AND SPORT IN SCHOOLS: APPLICATION SOCCER LIKE GAMES	292
Author: Mochamad Ridwan Universitas Negeri Surabaya	
34. THE DIFFERENCES OF PHYSICAL FITNESS LEVELS BETWEEN POOR AND EXCESSIVE NUTRITIONAL STATUS	297
Author: Sepriadi Universitas Negeri Padang	
35. THE STUDY OF KNOWLEDGE ABOUT FIRST AID (P3K) AND BASIC LIFE SUPPORT PRINCIPLES IN YOGYAKARTA COMMUNITY	305
Author: Eka Novita Indra Universitas Negeri Yogyakarta	
36. THE INFLUENCE OF TEACHING STYLE AND MOTOR ABILITY ON THE BOTTOM PASSING LEARNING OUTCOMES IN THE VOLLEYBALL	314
Author: Ahmad Muchlisin Natas Pasaribu Universitas Muhammadiyah Tangerang	

37. EFFECTIVENESS OF SHOOTING TRAINING MODEL FEBI FUTSAL GAMES ON THE IMPROVEMENT OF SHOOTING RESULT ON FUTSAL SPORTS FOR BEGIN PLAYER	321
Author: Febi Kurniawan Universitas Singaperbangsa	
38. DIFFERENCES OF LEARNING ACHIEVEMENTS INTERGRADE AND GENERAL CLASS SPORT CLASS BASED ON LEVEL EDUCATION OF PARENTS IN CLASS VII SMP N 4 PURBALINGGA	327
Author: Audi Akid Hibatulloh Universitas Negeri Yogyakarta	
39. LEARNING MODELS OF PHYSICAL ACTIVITY BASED ON MOTOR PERCEPTION KINDERGARTEN STUDENT	334
Author: B.Suhartini Universitas Negeri Yogyakarta	
40. DESIGN OF MEASURABLE SPORTS CLUB IN ELEMENTARY SCHOOL IN BALI PROVINCE	341
Author: Suratmin Universitas Pendidikan Ganesha	
41. ANALYSIS OF PHYSICAL CONDITION OF SOCCER ATHLETE'S PORDA OF BEKASI CITY	348
Author: Apta Mylsidayu Universitas Islam 45 Bekasi	
42. HEALTH AND HEALTHY LIFESTYLE ENHANCEMENT THROUGH SPORT AND PHYSICAL EDUCATION CREATIVE APPROACH	356
Author: Wing Prasetya Kurniawan Universitas Nusantara PGRI Kediri	
43. THE EFFECTS OF PHYSICAL EXERCISE THROUGH GAME-MODEL AND CIRCUIT-MODEL EXERCISES APPROACH ON THE MAXIMUM AEROBIC CAPACITY	367
Author: Umar Universitas Negeri Padang	
44. DIFFERENCES INFLUENCE OF INTERVAL DRILL EXERCISE BETWEEN ACTIVE AND PASSIVE ON SKILLS OF ATHLETE AT THE AGE OF CHILDREN	377
Author: Hariyuda Anggriawan Universitas Sebelas Maret	
45. EXERCISE FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS	383
Author: Anita Suryani Universitas Indonesia	

46. THE EFFECT OF KICKING SPEED, STRENGTH AND LEG MUSCLE EXPLOSIVE POWER ON THE ABILITY OF DOLLYO CHAGI OF TAEKWONDO DOJANG ATHLETE	390
Author: Nurul Ihsan Universitas Negeri Padang	
47. CORRELATION BETWEEN PROTEIN INTAKE WITH MUSCLE STRENGTH OF ATHLETES	398
Author: Wilda Welis Universitas Negeri Padang	
48. DEVELOPMENT OF MONITORING BOOKS FOR SWIMMING	404
Author: Nur Indah Pangastuti Universitas Negeri Yogyakarta	
49. THE DIFFERENCE IN THE EFFECTS OF BIRTH TYPES ON THE MOTOR SKILLS OF CHILDREN AT AN EARLY AGE	411
Author: Panggung Sutapa Universitas Negeri Yogyakarta	
50. THE EFFECT OF SUPPLEMENT SOYBEAN MILK AND WHEY PROTEIN IN LOAD EXERCISE TOWARD THE INCREASING HYPERTROPHY OF THIGH MUSCLES	417
Author: Khairuddin Universitas Negeri Padang	
51. PHYSICAL ACTIVITY OF CHILDREN IN DIENG PLATEAU BANJARNEGARA REGENCY (PHENOMENOLOGICAL STUDIES FROM THE VIEWPOINT OF SPORTS VALUES)	424
Author: Dody Tri Iwandana Universitas Sebelas Maret	
52. PICTURE MEDIA DEVELOPMENT FOR PENCAK SILAT LEARNING IN HIGH SCHOOLS	427
Author: Nur Rohmah M., M.Pd Universitas Negeri Yogyakarta	
53. THE EFFECT OF IMAGERY ON BEGINNER TENNIS PLAYERS' FOREHAND DRIVE SKILL	436
Author: Risti Nurfadhila Universitas Negeri Yogyakarta	

54. THE EFFECT OF HONEY SUPPLEMENTATION BEFORE PHYSICAL ACTIVITY TOWARDS THE PLASMA MALONDIALDEHYDE LEVEL IN MALE WISTAR RATS (<i>RATTUS NORVEGICUS</i>)	443
Author: Krisnanda DA Universitas Negeri Yogyakarta	
55. THE LEARNING RESULT OF FOOTBALL BASIC TECHNIQUE SKILL	451
Author: Arsil Universitas Negeri Padang	
56. BREAKING THE CHAIN OF "KLITIH" THROUGH CHARACTER EDUCATION IN PHYSICAL EDUCATION	458
Author: Pasca Tri Kaloka Universitas Negeri Yogyakarta	
57. PHYSICAL EDUCATION LEARNING THROUGH TRADITIONAL GAMES TO IMPROVE COOPERATION AND RESPONSIBILITY AT ELEMENTARY SCHOOL	466
Author: Ranintya Meikahani Universitas Negeri Yogyakarta	
58. MODEL DEVELOPMENT BASIC DRIBLING FOOTBALL-BASED TRAINING TECHNIQUES FOR BEGINNING ATHLETES AGED 8-12 YEARS	474
Author: Ahmad Atiq Universitas Tanjungpura Pontianak	
59. THE MODEL OF GAMES TO DEVELOP FUNDAMENTAL MOVEMENT OF KINDERGARTEN STUDENTS	481
Author: Uray Gustian Universitas Tanjungpura	
60. DEVELOPMENT OF MEDIA-BASED TRAINING 3GS (TRIPLE GAME SET); MONOPOLY, SNAKES LADDERS AND FENCING PUZZLE FOR CHARACTER EDUCATION EFFORTS IN BEGINNER ATHLETES	489
Author: Faidillah Kurniawan Universitas Negeri Yogyakarta	
61. STUDENTS'S PERCEPTION TOWARDS INTEGRATED LEARNING METHOD USING VIRTUAL MICROSCOPE IN HISTOLOGY COURSE	498
Author: RI Ambardini Universitas Negeri Yogyakarta	

62. THE DEVELOPMENT OF TOPURAK (TOTOK-PUKUL-GERAK) MANIPULATION MODEL FOR KNEE JOINT REPOSITION	504
Author: BM. Wara Kushartanti Universitas Negeri Yogyakarta	
63. THE EFFECTIVENESS OF TRAINING GUIDED IMAGERY IN LOWERING ANXIETY ON ATHLETES	511
Author: Donie Universitas Negeri Padang	
64. EFFECT OF FRESH COW MILK AND PASTEURIZATION MILK TOWARD GLUCOSE IN SOCCER PLAYERS ACCOMPANIED BY PHYSICAL ACTIVITY.	517
Author: Rini Syafriani Institut Teknologi Bandung	
65. THE CONTRIBUTION OF LEG MUSCLE STRENGTH AND DYNAMIC BALANCE TOWARDS THE ABILITY OF DOLLYO CHAGI KICK	524
Author: Yogi Setiawan Universitas Negeri Padang	
66. LAY UP SHOOT SKILL OF FIK UNP STUDENTS (EXPERIMENTAL STUDY OF TEACHING METHOD AND LEARNING MOTIVATION TOWARD LAY UP SHOOT SKILL OF FIK UNP STUDENTS)	529
Author: Hendri Neldi Universitas Negeri Padang	
67. THE EFFECT OF PRACTICE AND GAME LEARNING APPROACH ON THE CHEST PASS LEARNING ACHIEVEMENT ON EXTRACURRICULAR BASKET BALL PLAYING	536
Author: Puthut Endiarto Universitas Sebelas Maret	
68. THE INFLUENCE OF CIRCUIT TRAINING METHOD ON THE ENHANCEMENT OF PHYSICAL FITNESS OF SPORTS EDUCATION DEPARTMENT STUDENTS	541
Author: Sefri Hardiansyah Universitas Negeri Padang	
69. EFFECT OF PHYSICAL ACTIVITY ON OXIDATIVE STRESS: A REVIEW OF IMPACT AND IMPLICATION AFTER TRAINING	548
Author: Wildan Alfia Nugroho Universitas Sebelas Maret	
70. SPORT DEVELOPMENT INDEX IN SEVERAL CITIES/REGENCIES IN JAVA ISLAND : A REVIEW OF BENEFITS AND OUTCOME	554
Author: Boy Sembaba Tarigan Universitas Sebelas Maret	

71. THE EFFECT OF MANIPULATION TRAINING COMPLEX TO MAXIMUM STRENGTH	559
Author: Mansur Universitas Negeri Yogyakarta	
72. MANAGEMENT OF FACILITIES SPECIAL CLASS OF SPORT (KKO) IN SMA NEGERI 4 YOGYAKARTA	569
Author: Tri Ani Hastuti Universitas Negeri Yogyakarta	
73. DEVELOPMENT OF LEARNING ATHLETIC LEARNING MODELS RELEASE DIRECTLY BASED GAMES IN ELEMENTARY SCHOOL	578
Author: Hartati Universitas Sriwijaya	
74. THE EFFECT OF COOPERATIVE LEARNING MODEL OF TEAM GAMES TOURNAMENT ON LAY UP SHOOT TOWARDS THE LEARNING OUTCOMES (EXPERIMENTAL STUDY) ON BASKETBALL SMP NEGERI KARAWANG	586
Author: Rahmat Iqbal Universitas Singaperbangsa Karawang	
75. THE EFFECTS OF PRACTICE METHOD AND ACHIEVEMENT MOTIVATION ON MAXIMUM VOLUME OXYGEN OF FOOTBALL PLAYERS	594
Author: Didin Tohidin Universitas Negeri Padang	
76. THE EFFECT OF PROTEIN SUPPLEMENT ON MAXIMUM STRENGTH TOWARD THE MEMBERS OF ONE GYM FITNESS CENTER PADANG	600
Author: Adnan Fardi Universitas Negeri Padang	
77. THE EFFECT OF PACITAN SWEET ORANGE JUICE TO MALONDIALDEHYDE LEVEL (MDA) AFTER ECCENTRIC ACTIVITY	606
Author: Indra H.S Universitas Negeri Surabaya	
78. COMMUNITY INTERESTS FOLLOWING TRADITIONAL SPORT ACTIVITIES IN CAR FREE DAY ACTIVITIES	611
Author: Mia Kusumawati Universitas Islam" 45" Bekasi	
79. THE EFFECT OF TWO ACTIVE RECOVERIES IN REDUCING LACTIC ACID OF BADMINTON ATHLETES	617
Author: Ainur Rasyid PGRI Sumenep	
80. THE EFFECT OF AEROBIC DANCE AND CYCLING ON THE PSYCHOLOGICAL WELL-BEING OF TEENAGERS	623
Author: Rizki Kurniati Universitas Pembinaan Masyarakat Medan	

- 81. SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA** 632
Author: Dapan
Universitas Negeri Yogyakarta
- 82. ANTROPOMETRY AND PHYSICAL FITNESS FACTORS DETERMINANT DRIBBLING AND PASSING FUTSAL ABILITY OF STUDENT EXTRACURRICULAR AGED 12-15 YEARS** 637
Author: Nizamuddin Nur Ramadaniawan
Universitas Sebelas Maret
- 83. MULTI STATION REBOUNDER TOOL DEVELOPMENT AS A GUIDE FOR TRAINING INSTRUMENT BASED ON INDEPENDENT FOOTBALL** 643
Author: Santoso Nurhadi
Universitas Negeri Yogyakarta
- 84. DEVELOPMENT OF TOOL DETECTOR LJDOF-SDH FOR LONG JUMP AS A MEDIA FOR BASIC MOTOR OF TRACK AND FIELD LEARNING BASED ON SENSOR** 651
Author: Sriawan
Universitas Negeri Yogyakarta