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: +62 274 550026 (PP. Office)
Mobile: +62 274 550027 (Mr. Satya)
+62 815 7802 0803 (Mrs. Corika)
Email: yishpess@uny.ac.id
Website: yishpess.uny.ac.id

Universität Paderborn
Kyushu University
Chulalongkorn University

Nakhonratchasima University
CONTENT

Preface

Content

Keynote Speaker

1. THE STRUGGLE OF JERRY LOLOWANG: A CASE STUDY OF CANCER SURVIVOR IN ACHIEVING
   Author: M. Erika Rachman
   Universitas Sebelas Maret
   76

2. PHYSIOLOGICAL PROFILE OF MEMBERS HATHA YOGA EXERCISE
   Author: Galih Yoga Santiko
   Universitas Negeri Yogyakarta
   83

3. THE EFFECT OF INTERACTIVE VIDEO IN TEACHING VOLLEY BALL THROUGH BASIC PASSING TECHNIQUE
   Author: Rekha Ratri Juliandi
   Universitas Singaperbangsa Karawang
   91

4. THE EFFECT OF DOMINANT PHYSICAL COMPONENTS, AND SELF-BASKETT PLEEMBAN ATLET PALEMBANG TOWN SUCCESS FREE THROW
   Author: Bayu Hardiyono
   Universitas Binadarma
   98

5. DIFFERENCES IN FUTSAL SKILL BETWEEN CLUB AND HIGH SCHOOL PLAYERS
   Author: Agus Susworo Dwi Marhaendro
   Universitas Negeri Yogyakarta
   105

6. DEVELOPMENT OF INTEGRATED PHYSICAL EDUCATION LEARNING MODEL
   Author: Sri Winarni
   Universitas Negeri Yogyakarta
   111

7. THE EFFECT OF BLOCK PRACTICE, SERIAL PRACTICE AND RANDOM PRACTICE TO IMPROVE BASKETBALL FUNDAMENTAL SKILL FOR BEGINNER
   Author: Riyan Pratama
   Universitas Bina Dharma
   123

8. THE DIFFERENCES OF INSTRUCTIONAL MEDIA AND COORDINATION IN LEARNING OUTCOMES OF GROUN DSTROKES TENNIS ON NOVICE LEVEL ATHLETES
   Author: Dian Pujianto
   Universitas Bengkulu
   131

9. ANDROID BASED REFERENCE MODEL OF STUDENT'S SKILL COACHING
   Author: Endang Rini Sukamti
   Universitas Negeri Yogyakarta
   139
10. TEACHING BADMINTON SMASH BY USING TEAM GAME TOURNAMENT (TGT) MODEL IN SMP MUHAMMADYAH KARAWANG
Author: Didik Fauzi Dermawan
Universities Singaperbangsa Karawang

11. EFFECT OF INTENSIVE AND EXTENSIVE INTERVAL METHODS AGAINST ENHANCED SPEED ENDURANCE SPREE 400 METERS
Author: Fajar Adi Nugroho
Universitas Pendidikan Indonesia

12. THE ATTEMPT OF IMPROVING POWERFUL KICK IN SOCCER USING WEIGHT TRAINING
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
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 ATHLETE IN 2012
Author: Kristanto Adi Nugroho
Universitas Sebelas Maret Surakarta

15. MANAGEMENT OF DEVELOPING SWIMMING ACHIEVEMENT IN NPC (NATIONAL PARALYMPIC COMMITTEE) OF INDONESIA
Author: Nonik Rahmawati
Universitas Sebelas Maret Surakarta

16. CORRELATION OF BODY MASS INDEX AND CARDIORESPIRATORY FITNESS TO THE RISK OF METABOLIC SYNDROME IN ADOLESCENTS
Author: Abdullah Al-Hazmy
Universitas Sebelas Maret Surakarta

17. SOLO LAST FRIDAY RIDE AS A SPORT COMMUNITY IN SOLO
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
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
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
Author: Bintara
Universitas Negeri Yogyakarta

21. EXPECTATION APPRECIATION AND PUBLIC PERCEPTION TO THE PHENOMENON OF STREETWORKOUT COMMUNITY
Author: Hari Hanggoro
Universitas Sebelas Maret

22. DEVELOPING OF TRADITIONAL GAMES AS NATION CULTURE THROUGH IN PHYSICAL EDUCATION LEARNING FOR ELEMENTARY SCHOOL STUDENTS
Author: Asrianyah
Universitas PGRI Palembang

23. CONTRIBUTION OF FLEXIBILITY, STRENGTH, AND BALANCE ON THE CARTWHEEL OF PKO STUDENTS CLASS 2016
Author: Ratna Budiarti
Universitas Negeri Yogyakarta

24. EFFECT SHORT-TERM AQUAROBIC EXERCISE ON DHEA-S LEVELS IN WOMEN
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
Author: Cerika Rismayanti
Universitas Negeri Yogyakarta

26. EFFECTIVENESS OF UMAC-CPF EXERCISE MODEL ON MOTOR ABILITY OF INDONESIAN CP FOOTBALL PLAYERS
Author: Fadilah Umar
Universitas Sebelas Maret

27. DEVELOPMENT OF WEB-BASED TRACER STUDY AT THE DEPARTMENT OF SPORTS COACHING EDUCATION
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)
Author: Faisal Adam Rahman
Universitas Sebelas Maret

29. INCREASE VO₂MAX BADMINTON ATHLETES USE EXERCISES FOOTWORK WITH METHOD HIIT (HIGH INTENSITY INTERVAL TRAINING)
Author: Donie
Universitas Negeri Padang

30. THE EFFECT OF EXERCISE MODEL BASED ON INTERACTIVE MULTIMEDIA TO SEPATKRAW SKILLS
Author: Didik Purwanto
Universitas Tadulako

31. SOCCER TRAINING MODEL IN YOUTH ATHLETE BASED ON THE LONG-TERM ATHLETE DEVELOPMENT (LTAD)
Author: Komarudin
Universitas Negeri Yogyakarta

32. LEARNING RESULTS IMPROVEMENT OF FOREARM PASSING RESULTS OF VOLLEYBALL GAME THROUGH DRILL METHODS ON STUDENTS XI.IPS.1 IN PUBLIC SENIOR HIGH SCHOOL I TELAGASARI KARAWANG
Author: Akhmad Dimyati
UNSNIKA

33. PHYSICAL EDUCATION AND SPORT IN SCHOOLS: APPLICATION SOCCER LIKE GAMES
Author: Mochamad Ridwan
Universitas Negeri Surabaya

34. THE DIFFERENCES OF PHYSICAL FITNESS LEVELS BETWEEN POOR AND EXCESSIVE NUTRITIONAL STATUS
Author: Sepriadi
Universitas Negeri Padang

35. THE STUDY OF KNOWLEDGE ABOUT FIRST AID (P3K) AND BASIC LIFE SUPPORT PRINCIPLES IN YOGYAKARTA COMMUNITY
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
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
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
Author: Audi Akid Hibatulloh
Universitas Negeri Yogyakarta

39. LEARNING MODELS OF PHYSICAL ACTIVITY BASED ON MOTOR PERCEPTION KINDERGARTEN STUDENT
Author: B. Suhartini
Universitas Negeri Yogyakarta

40. DESIGN OF MEASURABLE SPORTS CLUB IN ELEMENTARY SCHOOL IN BALI PROVINCE
Author: Suratmin
Universitas Pendidikan Ganesha

41. ANALYSIS OF PHYSICAL CONDITION OF SOCCER ATHLETE'S PORDA OF BEKASI CITY
Author: Apta Mylsidayu
Universitas Islam 45 Bekasi

42. HEALTH AND HEALTHY LIFESTYLE ENHANCEMENT THROUGH SPORT AND PHYSICAL EDUCATION CREATIVE APPROACH
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
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
Author: Hariyuda Anggriawan
Universitas Sebelas Maret

45. EXERCISE FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS
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
Author: Nurul Ihsan
Universitas Negeri Padang

47. CORRELATION BETWEEN PROTEIN INTAKE WITH MUSCLE STRENGTH OF ATHLETES
Author: Wilda Welis
Universitas Negeri Padang

48. DEVELOPMENT OF MONITORING BOOKS FOR SWIMMING
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
Author: Panggung Sutapa
Universitas Negeri Yogyakarta

50. THE EFFECT OF SUPPLEMENT SOYBEAN MILK AND WHEY PROTEIN IN LOAD EXERCISESTOWARD THE INCREASING HYPERTROPHY OF THIGH MUSCLES
Author: Khairuddin
Universitas Negeri Padang

51. PHYSICAL ACTIVITY OF CHILDREN IN DIENG PLATEAU BANJARNEGARA REGENCY (PHENOMENOLOGICAL STUDIES FROM THE VIEWPOINT OF SPORTS VALUES)
Author: Dody Tri Iwandana
Universitas Sebelas Maret

52. PICTURE MEDIA DEVELOPMENT FOR PENCAK SILAT LEARNING IN HIGH SCHOOLS
Author: Nur Rohmah M., M.Pd
Universitas Negeri Yogyakarta

53. THE EFFECT OF IMAGERY ON BEGINNER TENNIS PLAYERS' FOREHAND DRIVE SKILL
Author: Risti Nurfadhila
Universitas Negeri Yogyakarta
54. THE EFFECT OF HONEY SUPPLEMENTATION BEFORE PHYSICAL ACTIVITY TOWARDS THE PLASMA MALONDIALDEHYDE LEVEL IN MALE WISTAR RATS (RATTUS NORVEGICUS)
Author: Krisnanda DA
Universitas Negeri Yogyakarta

55. THE LEARNING RESULT OF FOOTBALL BASIC TECHNIQUE SKILL
Author: Arsil
Universitas Negeri Padang

56. BREAKING THE CHAIN OF “KLITIH” THROUGH CHARACTER EDUCATION IN PHYSICAL EDUCATION
Author: Pasca Tri Kaloka
Universitas Negeri Yogyakarta

57. PHYSICAL EDUCATION LEARNING THROUGH TRADITIONAL GAMES TO IMPROVE COOPERATION AND RESPONSIBILITY AT ELEMENTARY SCHOOL
Author: Ranintya Meikahani
Universitas Negeri Yogyakarta

58. MODEL DEVELOPMENT BASIC DRIBBLING FOOTBALL-BASED TRAINING TECHNIQUES FOR BEGINNING ATHLETES AGED 8-12 YEARS
Author: Ahmad Atiq
Universitas Tanjungpura Pontianak

59. THE MODEL OF GAMES TO DEVELOP FUNDAMENTAL MOVEMENT OF KINDERGARTEN STUDENTS
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
Author: Faidillah Kurniawan
Universitas Negeri Yogyakarta

61. STUDENTS’S PERCEPTION TOWARDS INTEGRATED LEARNING METHOD USING VIRTUAL MICROSCOPE IN HISTOLOGY COURSE
Author: RL Ambardini
Universitas Negeri Yogyakarta
62. THE DEVELOPMENT OF TOPURAK (TOTOK-PUKUL-GERAK) MANIPULATION MODEL FOR KNEE JOINT REPOSITION
Author: BM. Wara Kushartanti
Universitas Negeri Yogyakarta

63. THE EFFECTIVENESS OF TRAINING GUIDED IMAGERY IN LOWERING ANXIETY ON ATHLETES
Author: Donie
Universitas Negeri Padang

64. EFFECT OF FRESH COW MILK AND PASTEURIZATION MILK TOWARD GLUCOSE IN SOCCER PLAYERS ACCOMPANIED BY PHYSICAL ACTIVITY.
Author: Rini Syafriani
Institut Teknologi Bandung

65. THE CONTRIBUTION OF LEG MUSCLE STRENGTH AND DYNAMIC BALANCE TOWARDS THE ABILITY OF DOLLYO CHAGI KICK
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)
Author: Hendri Neldi
Universitas Negeri Padang

67. THE EFFECT OF PRACTICE AND GAME LEARNING APPROACH ON THE CHEST PASS LEARNING ACHIEVEMENT ON EXTRACURRICULAR BASKETBALL PLAYING
Author: Puthut Endiarto
Universitas Sebelas Maret

68. THE INFLUENCE OF CIRCUIT TRAINING METHOD ON THE ENHANCEMENT OF PHYSICAL FITNESS OF SPORTS EDUCATION DEPARTMENT STUDENTS
Author: Sefri Hardiansyah
Universitas Negeri Padang

69. EFFECT OF PHYSICAL ACTIVITY ON OXIDATIVE STRESS: A REVIEW OF IMPACT AND IMPLICATION AFTER TRAINING
Author: Wildan Alfa Nugroho
Universitas Sebelas Maret

70. SPORT DEVELOPMENT INDEX IN SEVERAL CITIES/REGENCIES IN JAVA ISLAND: A REVIEW OF BENEFITS AND OUTCOME
Author: Boy Sembaha Tarigan
Universitas Sebelas Maret
<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>71. THE EFFECT OF MANIPULATION TRAINING COMPLEX TO MAXIMUM STRENGTH</td>
<td>559</td>
</tr>
<tr>
<td>Author: Mansur</td>
<td></td>
</tr>
<tr>
<td>Universitas Negeri Yogyakarta</td>
<td></td>
</tr>
<tr>
<td>72. MANAGEMENT OF FACILITIES SPECIAL CLASS OF SPORT (KKO) IN SMA NEGERI 4</td>
<td>569</td>
</tr>
<tr>
<td>YOGYAKARTA</td>
<td></td>
</tr>
<tr>
<td>Author: Tri Ani Hastuti</td>
<td></td>
</tr>
<tr>
<td>Universitas Negeri Yogyakarta</td>
<td></td>
</tr>
<tr>
<td>73. DEVELOPMENT OF LEARNING ATHLETIC LEARNING MODELS</td>
<td>578</td>
</tr>
<tr>
<td>RELEASE DIRECTLY BASED GAMES IN ELEMENTARY SCHOOL</td>
<td></td>
</tr>
<tr>
<td>Author: Hartati</td>
<td></td>
</tr>
<tr>
<td>Universitas Sriwijaya</td>
<td></td>
</tr>
<tr>
<td>74. THE EFFECT OF COOPERATIVE LEARNING MODEL OF TEAM GAMES TOURNAMENT</td>
<td>586</td>
</tr>
<tr>
<td>ON LAY UP SHOOT TOWARDS THE LEARNING OUTCOMES (EXPERIMENTAL STUDY) ON</td>
<td></td>
</tr>
<tr>
<td>BASKETBALL SMP NEGERI KARAWANG</td>
<td></td>
</tr>
<tr>
<td>Author: Rahmat Iqbal</td>
<td></td>
</tr>
<tr>
<td>Universitas Singaperbangsa Karawang</td>
<td></td>
</tr>
<tr>
<td>75. THE EFFECTS OF PRACTICE METHOD AND ACHIEVEMENT MOTIVATION ON</td>
<td>594</td>
</tr>
<tr>
<td>MAXIMUM VOLUME OXYGEN OF FOOTBALL PLAYERS</td>
<td></td>
</tr>
<tr>
<td>Author: Didin Tohidin</td>
<td></td>
</tr>
<tr>
<td>Universitas Negeri Padang</td>
<td></td>
</tr>
<tr>
<td>76. THE EFFECT OF PROTEIN SUPPLEMENT ON MAXIMUM STRENGTH TOWARD THE</td>
<td>600</td>
</tr>
<tr>
<td>MEMBERS OF ONE GYM FITNESS CENTER PADANG</td>
<td></td>
</tr>
<tr>
<td>Author: Adnan Fardi</td>
<td></td>
</tr>
<tr>
<td>Universitas Negeri Padang</td>
<td></td>
</tr>
<tr>
<td>77. THE EFFECT OF PACITAN SWEET ORANGE JUICE TO MALONDIALDEHYDE LEVEL</td>
<td>606</td>
</tr>
<tr>
<td>(MDA) AFTER ECCENTRIC ACTIVITY</td>
<td></td>
</tr>
<tr>
<td>Author: Indra H.S</td>
<td></td>
</tr>
<tr>
<td>Universitas Negeri Surabaya</td>
<td></td>
</tr>
<tr>
<td>78. COMMUNITY INTERESTS FOLLOWING TRADITIONAL SPORT ACTIVITIES IN CAR</td>
<td>611</td>
</tr>
<tr>
<td>FREE DAY ACTIVITIES</td>
<td></td>
</tr>
<tr>
<td>Author: Mia Kusumawati</td>
<td></td>
</tr>
<tr>
<td>Universitas Islam &quot;45&quot; Bekasi</td>
<td></td>
</tr>
<tr>
<td>79. THE EFFECT OF TWO ACTIVE RECOVERIES IN REDUCING LACTIC ACID OF</td>
<td>617</td>
</tr>
<tr>
<td>BADMINTON ATHLETES</td>
<td></td>
</tr>
<tr>
<td>Author: Ainur Rasyid</td>
<td></td>
</tr>
<tr>
<td>PGRI Sumenep</td>
<td></td>
</tr>
<tr>
<td>80. THE EFFECT OF AEROBIC DANCE AND CYCLING ON THE PSYCHOLOGICAL WELL-</td>
<td>623</td>
</tr>
<tr>
<td>BEING OF TEENAGERS</td>
<td></td>
</tr>
<tr>
<td>Author: Rizki Kurniati</td>
<td></td>
</tr>
<tr>
<td>Universitas Pembinaan Masyarakat Medan</td>
<td></td>
</tr>
</tbody>
</table>
81. SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA
Author: Dapan
Universitas Negeri Yogyakarta

82. ANTROPOMETRY AND PHYSICAL FITNESS FACTORS DETERMINANT DRIBBLING AND PASSING FUTSAL ABILITY OF STUDENT EXTRACURRICULAR AGED 12-15 YEARS
Author: Nizamuddin Nur Ramadaniawan
Universitas Sebelas Maret

83. MULTI STATION REBOUNDER TOOL DEVELOPMENT AS A GUIDE FOR TRAINING INSTRUMENT BASED ON INDEPENDENT FOOTBALL
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
Author: Sriawan
Universitas Negeri Yogyakarta