

LAMPIRAN

Lampiran 1. Data Sampel Penelitian

Kelompok Latihan *Quick Leap* yang Memiliki Daya Ledak Otot Tungkai Kecepatan Tinggi.

No	Nama	<i>Pre-test</i>	<i>Post-test</i>	GAIN SKOR
1	Ni Putu Erika Septia Dewi	60	91	31
2	Ni Kadek Dewi Riana Wati	41	77	36
3	Ni Kadek Dewi Suantari Putri	40	74	34
4	Ni Made Narayoni Candra	32	72	40
5	Ni Wayan Indah Mahayani	32	71	39
6	Ni Kadek Yesi Purnamayani	30	65	35
7	Ni Kadek Febri Yantini	29	67	38
8	Ni Kadek Juli Lestari	26	64	38
9	Ni Kadek Swita Puspita Dewi	25	57	32
10	Ni Luh Putu Laviria Santia	16	52	36

Kelompok Latihan *Double Leg Speed Hop* yang Memiliki Daya Ledak Otot Tungkai Kecepatan Tinggi.

No	Nama	<i>Pre-test</i>	<i>Post-test</i>	GAIN SKOR
1	Ni Kadek Vira Aulia	45	75	30
2	Ni Putu Wahyuni Tirta Dewi	42	79	37
3	Ni Komang Triana Febrianti	35	75	40
4	Kadek Kania Ayunda	33	72	39
5	Komang Ayu Widiantari	32	67	35
6	Ni Luh Putu Tamara Febrianti	31	69	38
7	Ni Ketut Wulan Tari	29	65	36
8	Ni Made Pradnyan Wulandari	27	57	30
9	Ni Kadek Diah Citra Dewi	23	55	32
10	Ni Kadek Cantika Dewi	21	52	31

Kelompok Latihan *Quick Leap* yang Memiliki Daya Ledak Otot Tungkai Kecepatan Rendah.

No	Nama	<i>Pre-test</i>	<i>Post-test</i>	GAIN SKOR
1	Kadek Linda Kristina	58	78	20
2	Ni Putu Listya Mulandari	41	69	28
3	Ni Kadek Bening Rinjayani	35	67	32
4	Gusti Ayu Made Tantri Lestari	33	62	29
5	Ni Putu Ayu Cantika	32	60	28
6	Ni Putu Ayu Juli Aniasih	30	59	29
7	Gusti Ayu Made Eva Setia	29	55	26
8	Gusti Ayu Ketut Septi Arisona	27	52	25
9	Putu Styra Dewi	23	50	27
10	Ni Putu Diah Ayu Puspita	20	44	24

Kelompok Latihan *Doubele Leg Speed Hop* yang Memiliki Daya Ledak Otot Tungkai Kecepatan Rendah.

No	Nama	<i>Pre-test</i>	<i>Post-test</i>	GAIN SKOR
1	Ni Putu Wulan Oktania	43	67	24
2	Veronika Santi Ayu Trigan	43	62	19
3	Ni Kadek Melianti	34	59	25
4	Ni Ketut Wulandari Dewi	34	57	23
5	Ni Kadek Diah Pebrianti	32	55	23
6	Gusti Ayu Sintya	31	52	21
7	Ni Komang Dinda Triswara	28	50	22
8	Ida Ayu Paramita	27	49	22
9	Ni Putu Arista Dewi	23	45	22
10	Ni Kadek Sintya Dewi	22	52	30

Lampiran 2. Hasil Analisis Deskriptif Tiap Sel

Frequencies

		Statistics			
		PQLKTDLOT	PQLKRDLOT	PDLSHKTDLOT	PDLSHKRDLOT
N	Valid	10	10	10	10
	Missing	0	0	0	0
Mean		35.90	26.80	34.80	23.10
Median		36.00	27.50	35.50	22.50
Std. Deviation		2.961	3.293	3.795	2.923
Variance		8.767	10.844	14.400	8.544
Range		9	12	10	11
Minimum		31	20	30	19
Maximum		40	32	40	30
Sum		359	268	348	231

Frequency Table

		PQLKTDLOT			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	31	1	10.0	10.0	10.0
	32	1	10.0	10.0	20.0
	34	1	10.0	10.0	30.0
	35	1	10.0	10.0	40.0
	36	2	20.0	20.0	60.0
	38	2	20.0	20.0	80.0
	39	1	10.0	10.0	90.0
	40	1	10.0	10.0	100.0
	Total		10	100.0	100.0

PQLKRDLOT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20	1	10.0	10.0	10.0
	24	1	10.0	10.0	20.0
	25	1	10.0	10.0	30.0
	26	1	10.0	10.0	40.0
	27	1	10.0	10.0	50.0
	28	2	20.0	20.0	70.0
	29	2	20.0	20.0	90.0
	32	1	10.0	10.0	100.0
Total		10	100.0	100.0	

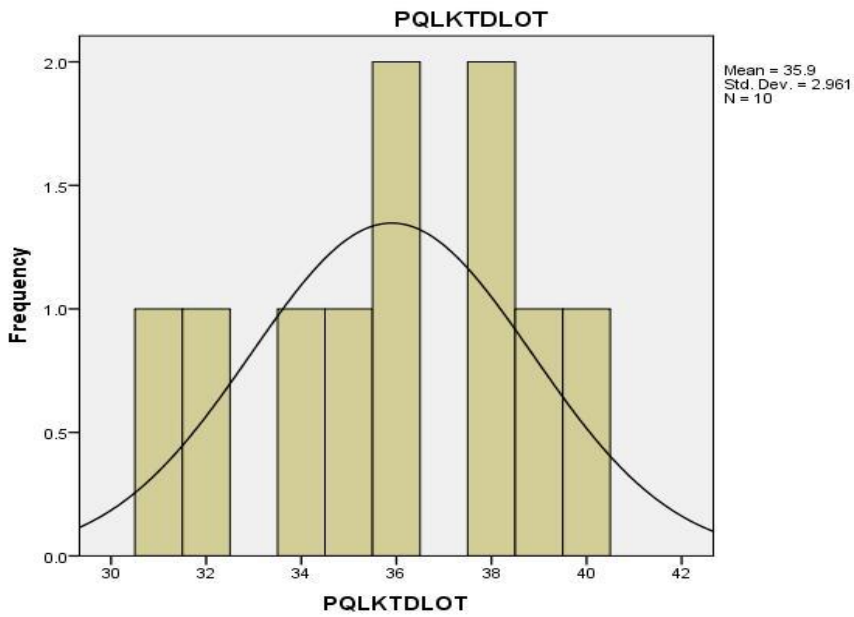
PDLSHKTDLOT

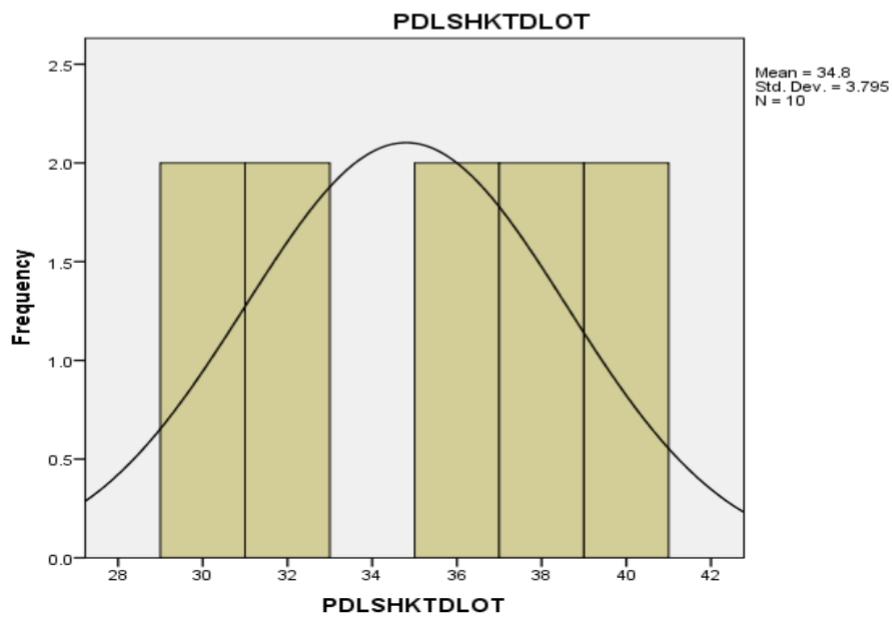
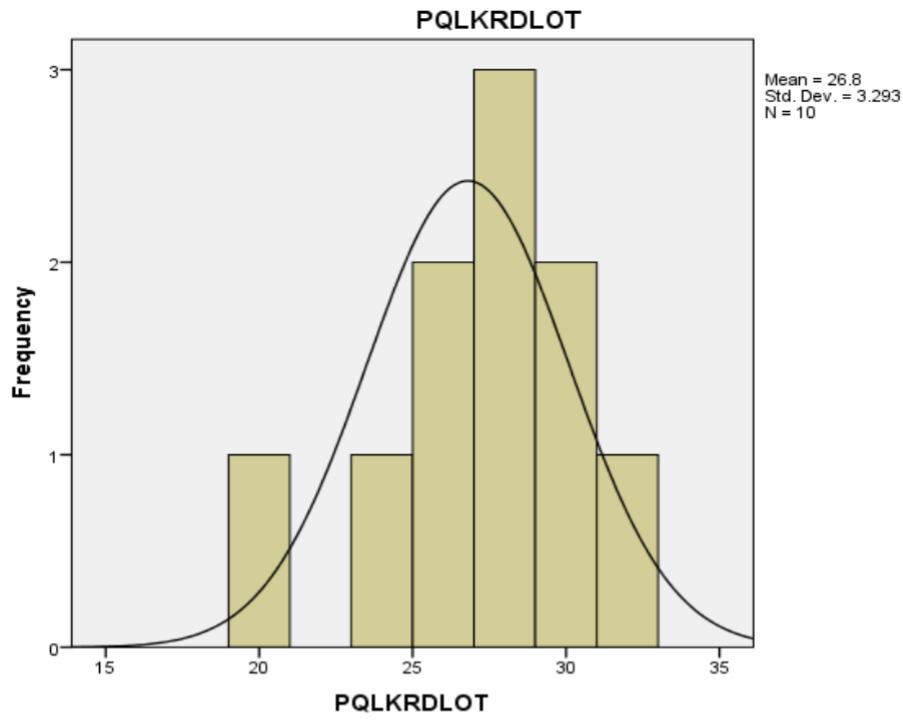
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30	2	20.0	20.0	20.0
	31	1	10.0	10.0	30.0
	32	1	10.0	10.0	40.0
	35	1	10.0	10.0	50.0
	36	1	10.0	10.0	60.0
	37	1	10.0	10.0	70.0
	38	1	10.0	10.0	80.0
	39	1	10.0	10.0	90.0
	40	1	10.0	10.0	100.0
Total		10	100.0	100.0	

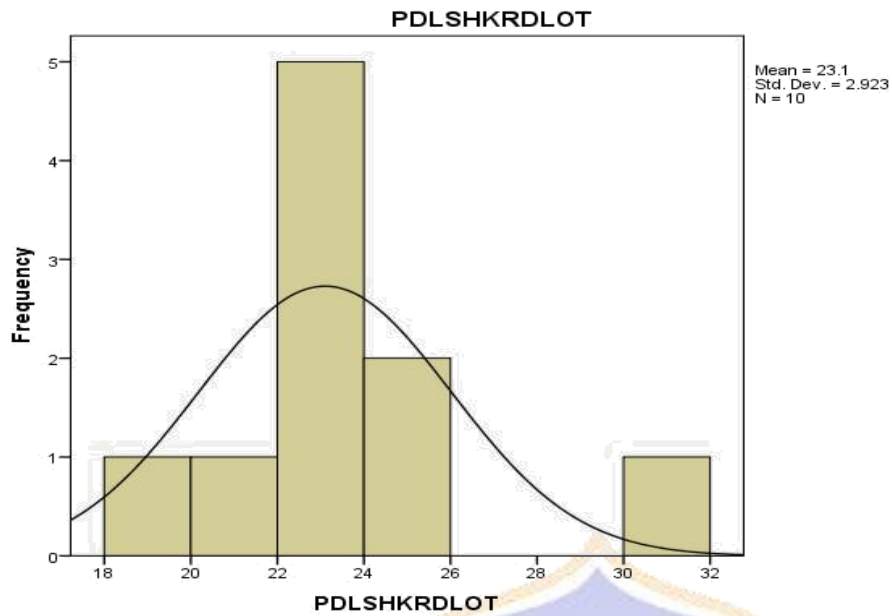
PDLSHKRDLOT

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 19	1	10.0	10.0	10.0
21	1	10.0	10.0	20.0
22	3	30.0	30.0	50.0
23	2	20.0	20.0	70.0
24	1	10.0	10.0	80.0
25	1	10.0	10.0	90.0
30	1	10.0	10.0	100.0
Total	10	100.0	100.0	

Histogram







Lampiran 3. Tabel Hasil Uji Normalitas Data dan Uji Homogenitas Data

**HASIL ANALISIS NORMALITAS DAN HOMOGENITAS
BERDASARKAN PELATIHAN**

PPLIOMETRIK

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
PPLIOMETRIK						
DLOTPQL	20	100.0%	0	0.0%	20	100.0%
PDLSH	20	100.0%	0	0.0%	20	100.0%

Descriptives

PPLIOMETRIK		Statistic	Std. Error	
DLOTPQL	Mean	31.35	1.247	
	95% Confidence Interval for Mean	Lower Bound	28.74	
		Upper Bound	33.96	
	5% Trimmed Mean	31.50		
	Median	31.50		
	Variance	31.082		
	Std. Deviation	5.575		
	Minimum	20		
	Maximum	40		
	Range	20		
	Interquartile Range	9		
	Skewness	-.169	.512	
	Kurtosis	-.793	.992	
	PDLSH	Mean	28.95	1.531
95% Confidence Interval for Mean		Lower Bound	25.75	
		Upper Bound	32.15	
5% Trimmed Mean		28.89		
Median		30.00		
Variance		46.892		
Std. Deviation		6.848		
Minimum		19		
Maximum		40		
Range		21		
Interquartile Range		14		
Skewness		.208	.512	
Kurtosis		-1.434	.992	

Tests of Normality

PPLIOMETRIK	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	Df	Sig.
DLOTPQL	.113	20	.200*	.968	20	.715
PDLSH	.168	20	.141	.914	20	.076

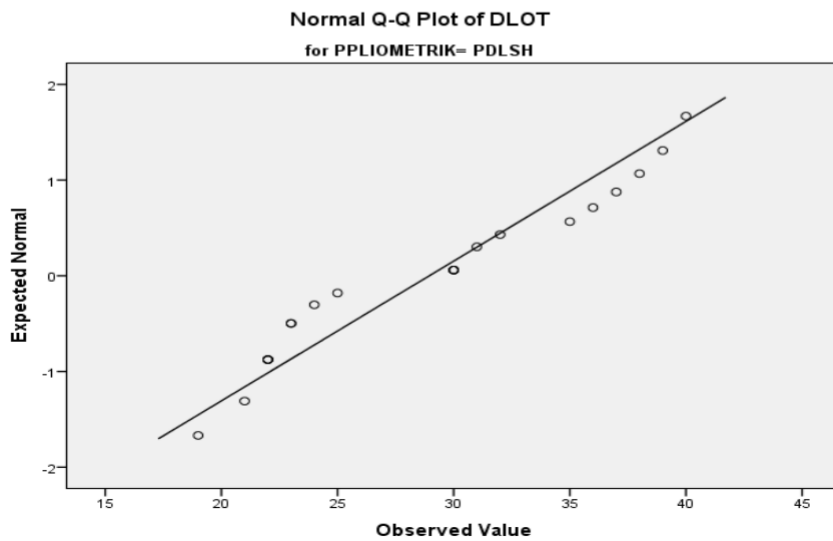
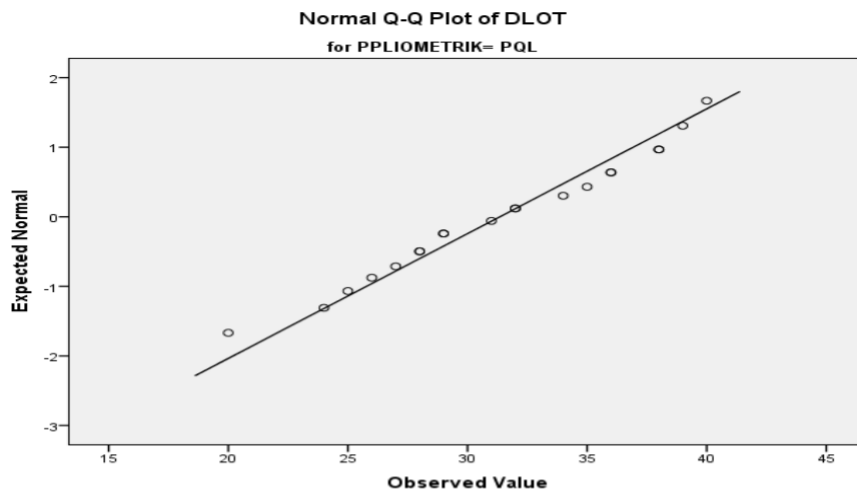
*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

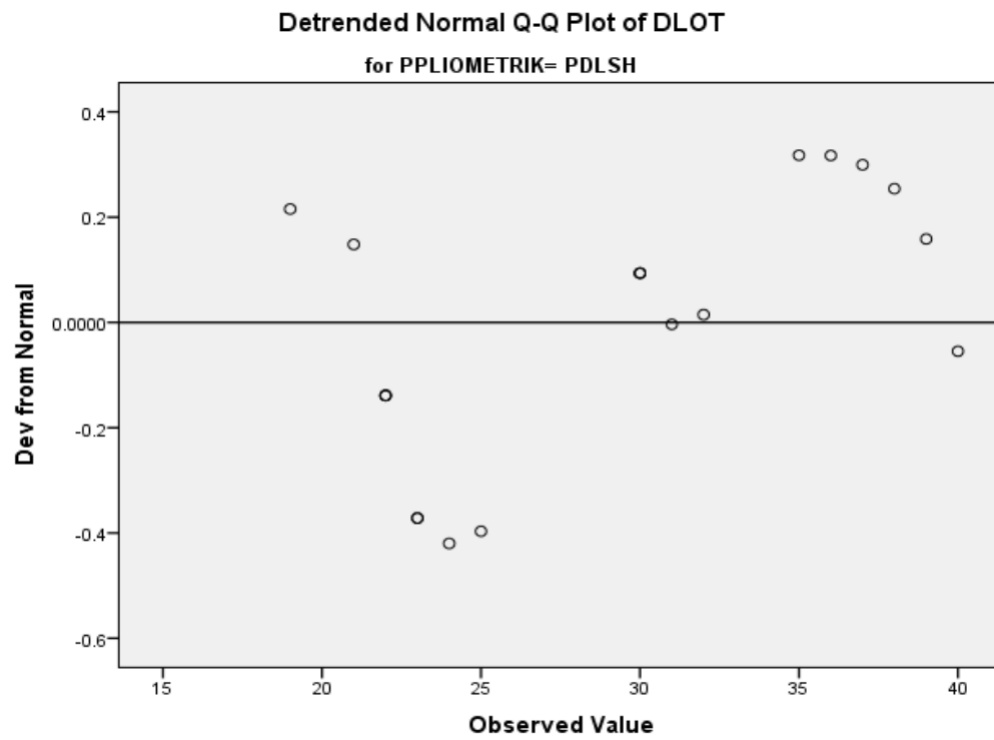
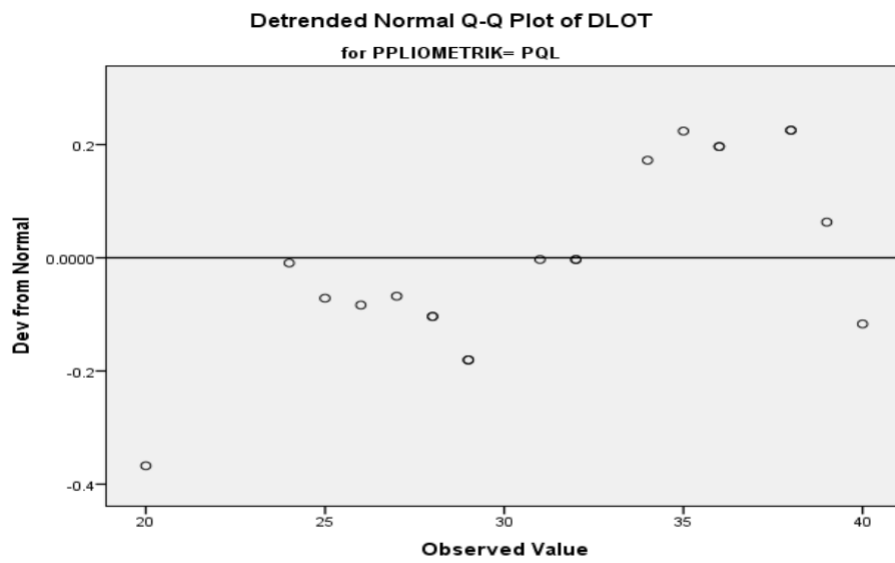
Test of Homogeneity of Variance

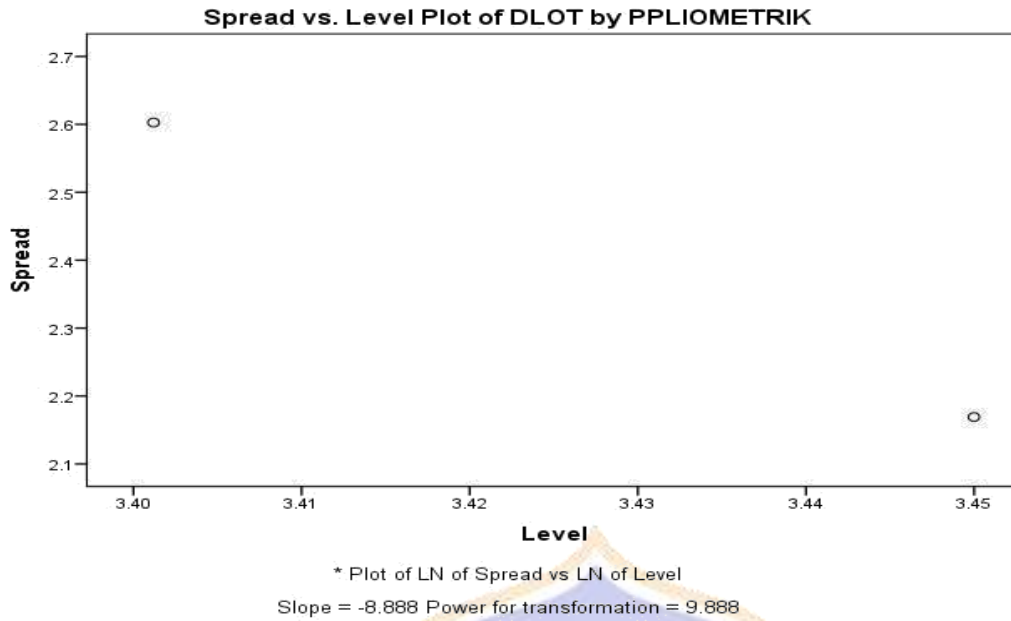
	Levene Statistic	df1	df2	Sig.
DLOTBased on Mean	1.904	1	38	.176
Based on Median	1.414	1	38	.242
Based on Median and with adjusted df	1.414	1	36.797	.242
Based on trimmed mean	1.928	1	38	.173

DLOT Normal Q-Q Plots



Detrended Normal Q-Q Plots





Lampiran 4. Hasil Analisis Data Normalitas Dan Homogenitas Tiap Sel Dan Berdasarkan Kecepatan

SEL

Case Processing Summary

SEL		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
DLOT	PQL-KECT	10	100.0%	0	0.0%	10	100.0%
	PQL-KECR	10	100.0%	0	0.0%	10	100.0%
	PDLSH-KECT	10	100.0%	0	0.0%	10	100.0%
	PDLSH-KECR	10	100.0%	0	0.0%	10	100.0%

Descriptives

SEL		Statistic	Std. Error
DLOT	PQL-KECT	Mean	35.90
		95% Confidence Interval for Lower Bound	33.78
		Mean Upper Bound	38.02
		5% Trimmed Mean	35.94
		Median	36.00
		Variance	8.767
		Std. Deviation	2.961
		Minimum	31
		Maximum	40

	Range		9	
	Interquartile Range		5	
	Skewness		-.360	.687
	Kurtosis		-.831	1.334
PQL-KECR	Mean		26.80	1.041
	95% Confidence Interval for	Lower Bound	24.44	
	Mean	Upper Bound	29.16	
	5% Trimmed Mean		26.89	
	Median		27.50	
	Variance		10.844	
	Std. Deviation		3.293	
	Minimum		20	
	Maximum		32	
	Range		12	
	Interquartile Range		4	
	Skewness		-.690	.687
	Kurtosis		1.215	1.334
PDLSH-KECT	Mean		34.80	1.200
	95% Confidence Interval for	Lower Bound	32.09	
	Mean	Upper Bound	37.51	
	5% Trimmed Mean		34.78	
	Median		35.50	
	Variance		14.400	
	Std. Deviation		3.795	
	Minimum		30	
	Maximum		40	
	Range		10	
	Interquartile Range		8	
	Skewness		-.097	.687
	Kurtosis		-1.703	1.334
PDLSH-KECR	Mean		23.10	.924
	95% Confidence Interval for	Lower Bound	21.01	
	Mean	Upper Bound	25.19	
	5% Trimmed Mean		22.94	
	Median		22.50	
	Variance		8.544	
	Std. Deviation		2.923	
	Minimum		19	

Maximum	30	
Range	11	
Interquartile Range	3	
Skewness	1.412	.687
Kurtosis	3.394	1.334

Tests of Normality

SEL	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DLOTPQL-KECT	.161	10	.200*	.958	10	.758
PQL-KECR	.152	10	.200*	.959	10	.770
PDLSH-KECT	.170	10	.200*	.909	10	.273
PDLSH-KECR	.214	10	.200*	.878	10	.125

*. This is a lower bound of the true significance.

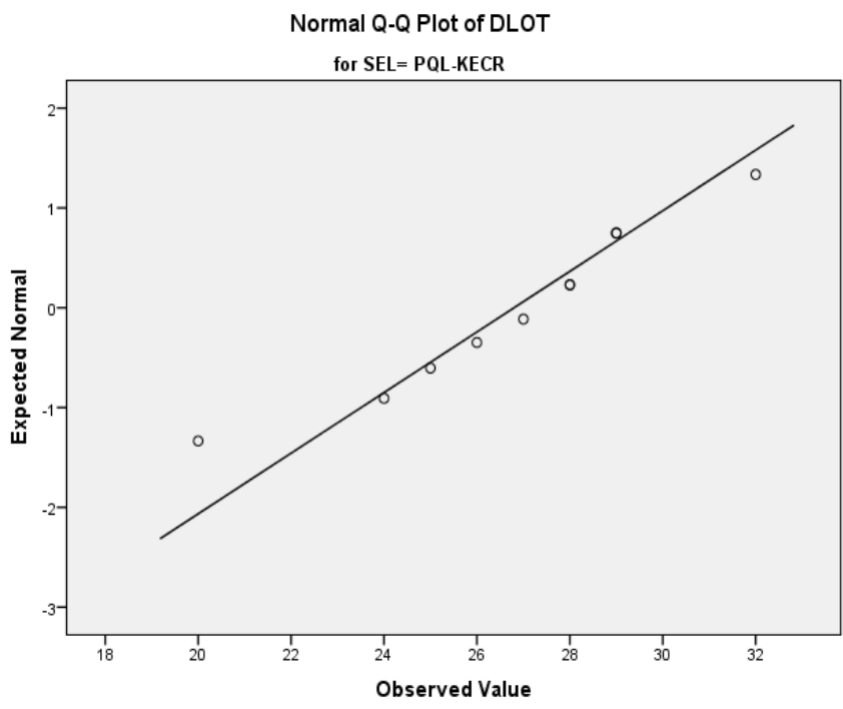
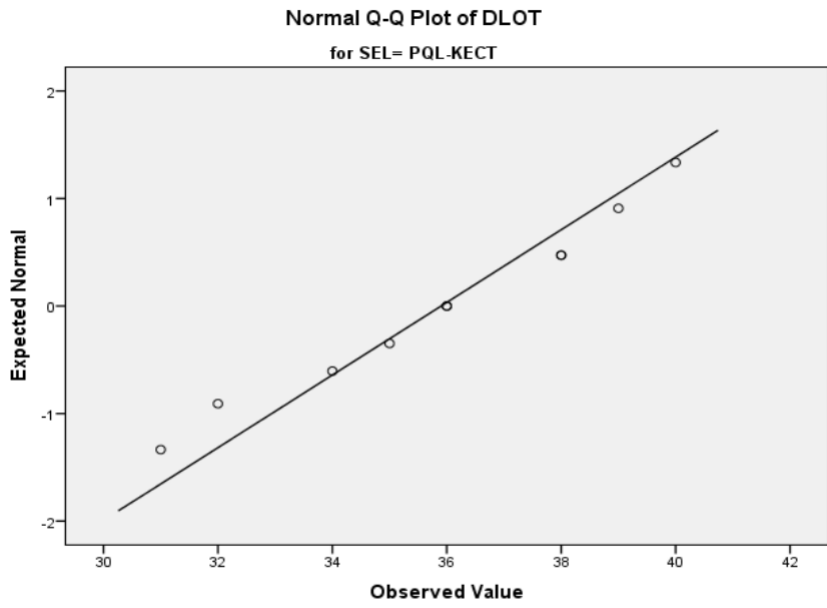
a. Lilliefors Significance Correction

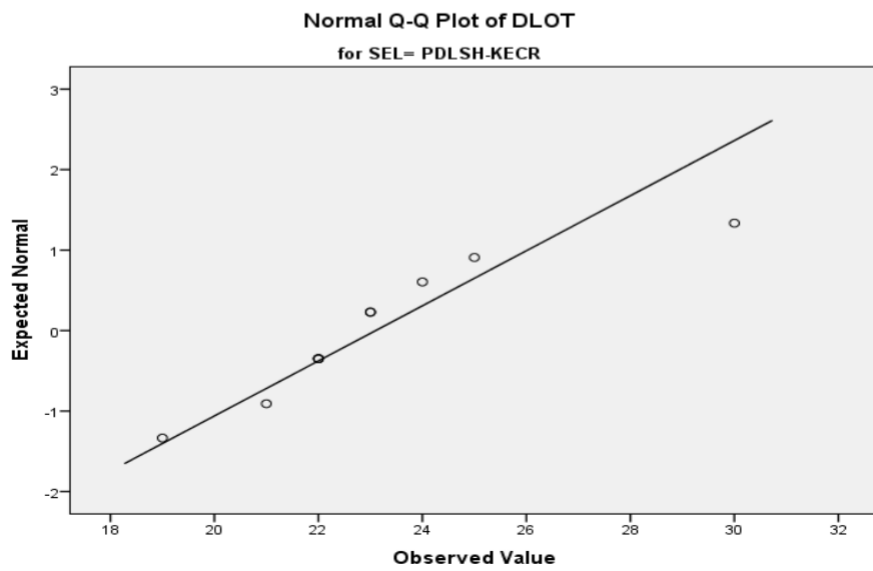
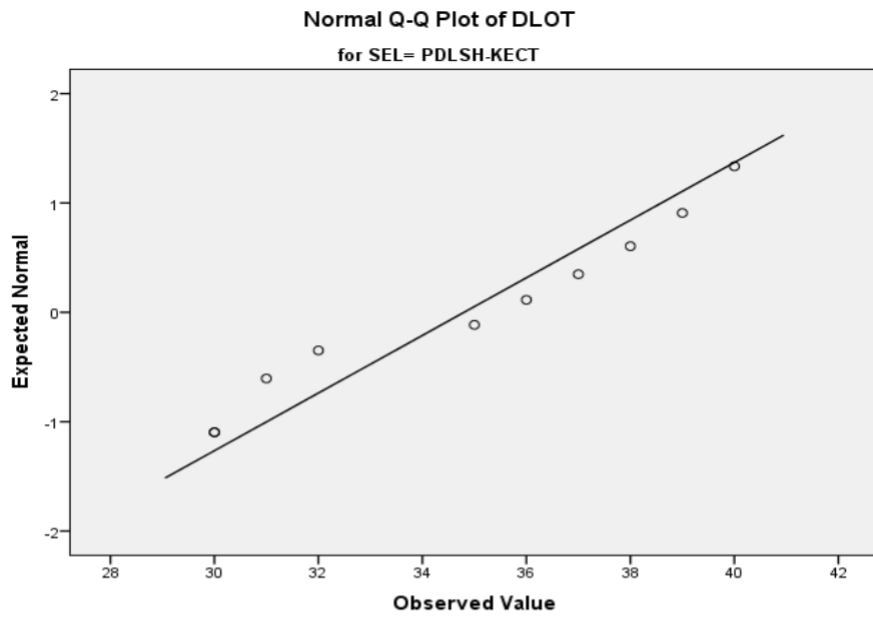
Test of Homogeneity of Variance

	Levene Statistic	df1	df2	Sig.
DLOTBased on Mean	.847	3	36	.477
Based on Median	.724	3	36	.544
Based on Median and with adjusted df	.724	3	34.358	.545
Based on trimmed mean	.880	3	36	.461

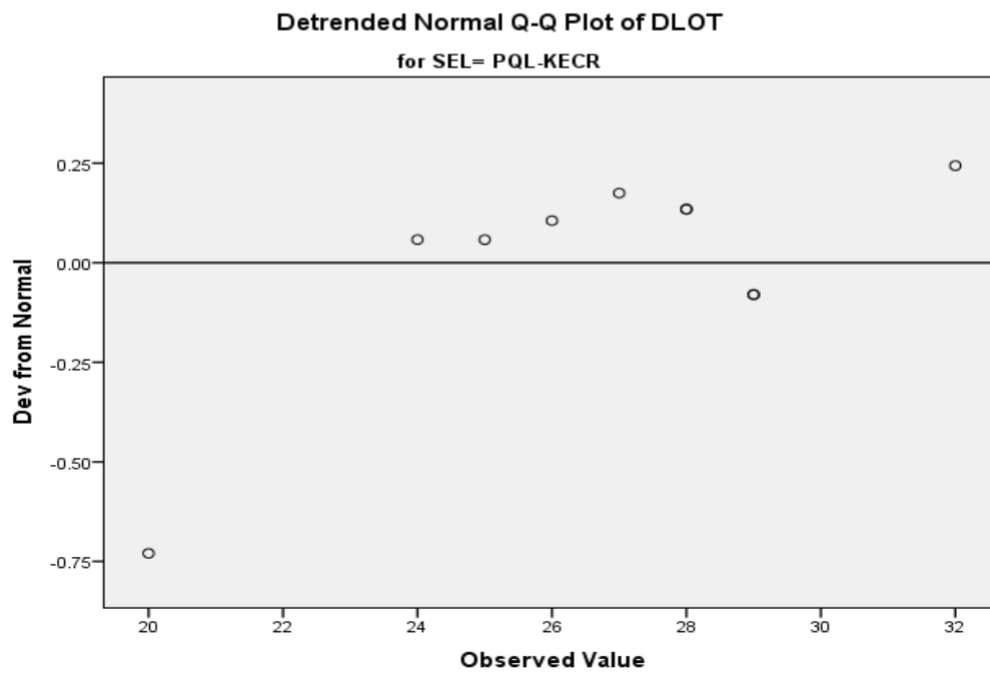
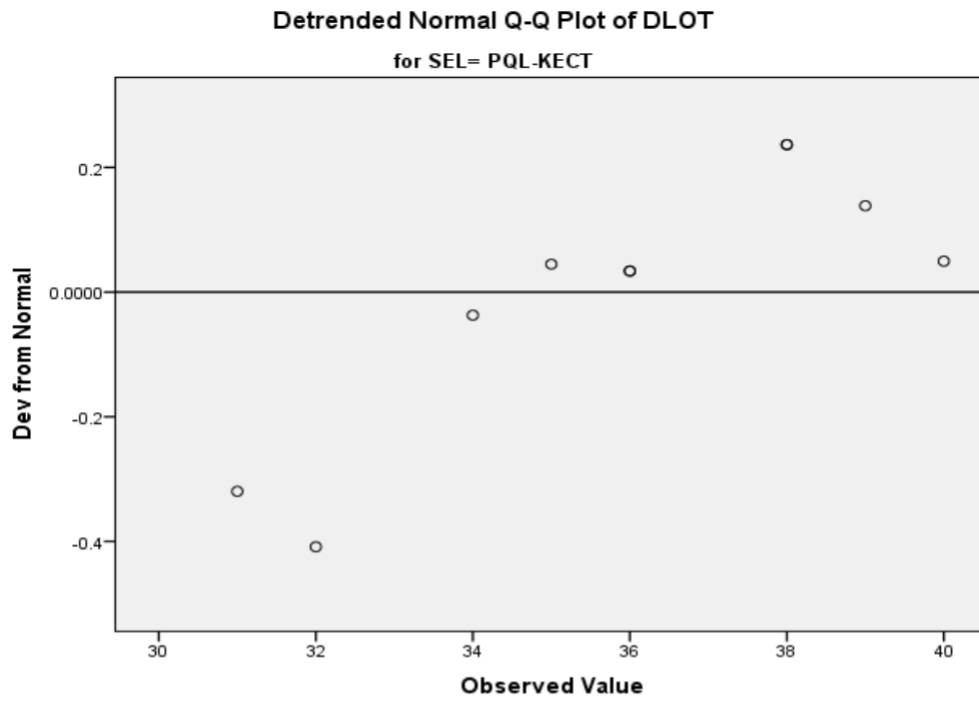
DLOT

Normal Q-Q Plots

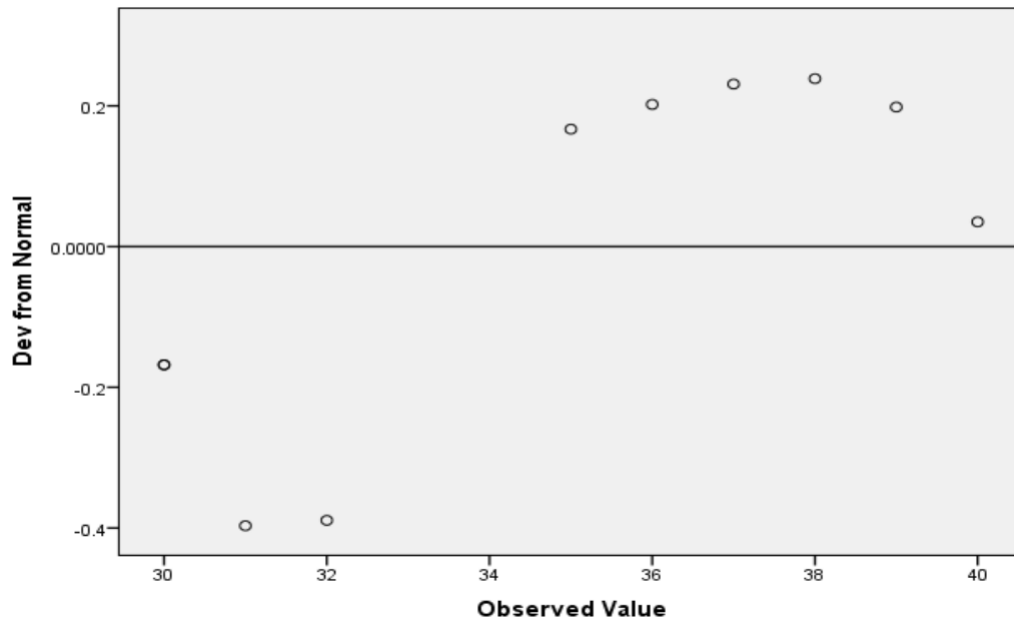




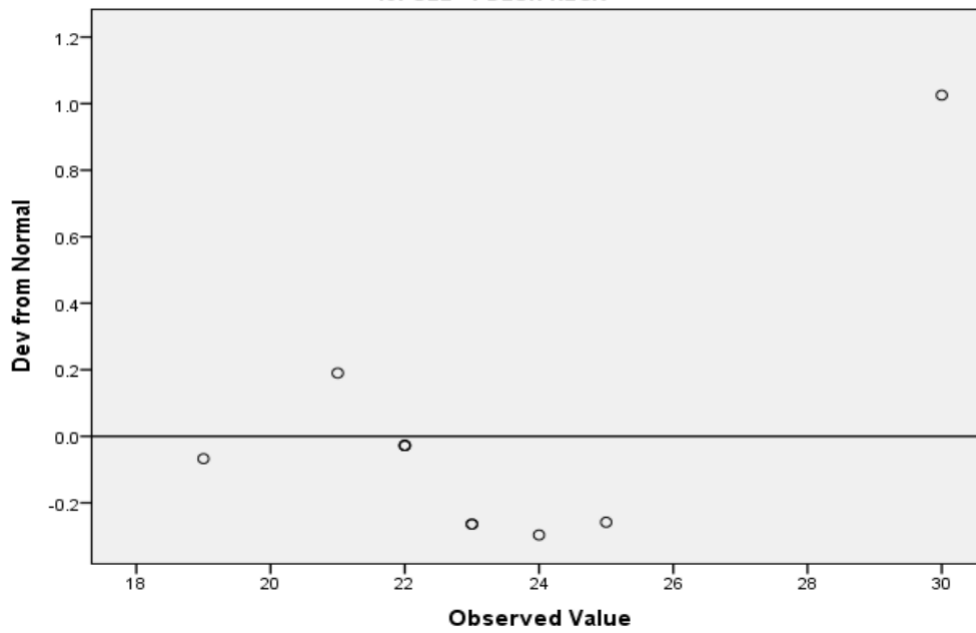
Detrended Normal Q-Q Plots

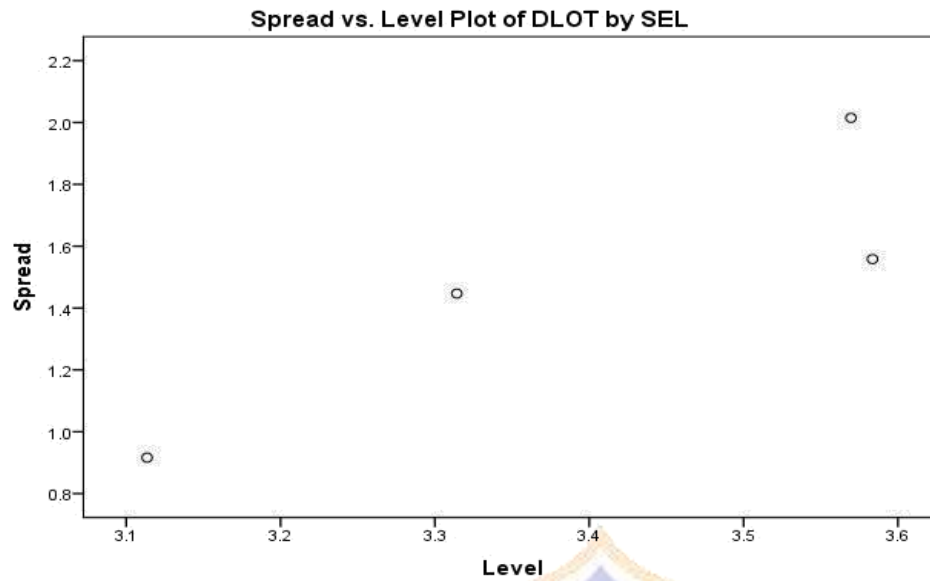


Detrended Normal Q-Q Plot of DLOT
for SEL= PDLSH-KECT



Detrended Normal Q-Q Plot of DLOT
for SEL= PDLSH-KECR





* Plot of LN of Spread vs LN of Level
Slope = 1.775 Power for transformation = -.775

KEC

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
KEC						
DLOTKEC-T	20	100.0%	0	0.0%	20	100.0%
KEC-R	20	100.0%	0	0.0%	20	100.0%

Descriptives

KEC	Statistic	Std. Error
DLOTKEC-T	Mean	.751
	95% Confidence Interval for Mean	
	Lower Bound	33.78
	Upper Bound	36.92
	5% Trimmed Mean	35.39
	Median	36.00
	Variance	11.292
	Std. Deviation	3.360
	Minimum	30
	Maximum	40
	Range	10

Interquartile Range		6	
Skewness		-.291	.512
Kurtosis		-1.241	.992
KEC-RMean		24.95	.800
95% Confidence Interval for Mean	Lower Bound	23.28	
	Upper Bound	26.62	
5% Trimmed Mean		24.89	
Median		24.50	
Variance		12.787	
Std. Deviation		3.576	
Minimum		19	
Maximum		32	
Range		13	
Interquartile Range		6	
Skewness		.245	.512
Kurtosis		-.797	.992

Tests of Normality

KEC	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DLOTKEC-T	.141	20	.200*	.922	20	.110
KEC-R	.107	20	.200*	.972	20	.789

*. This is a lower bound of the true significance.

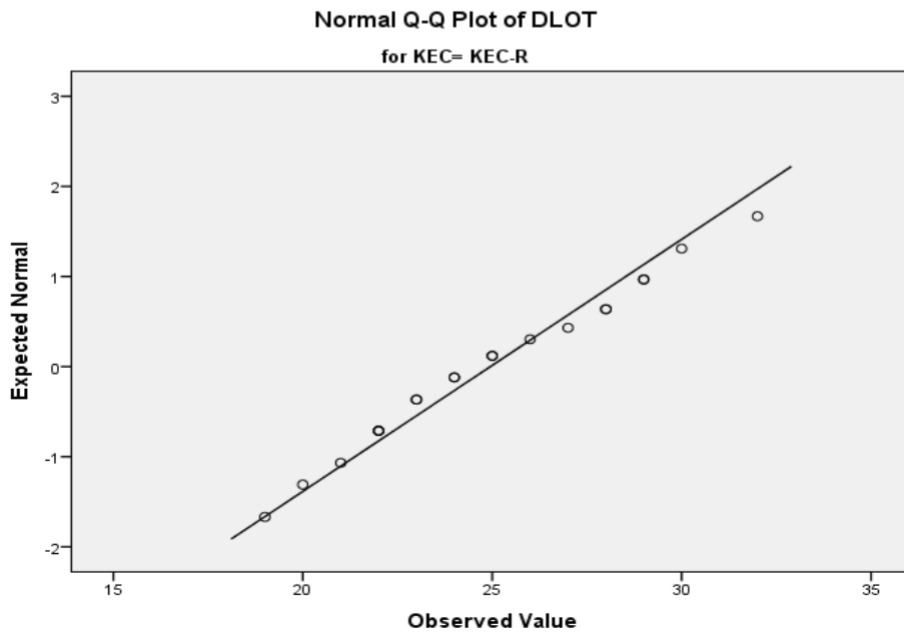
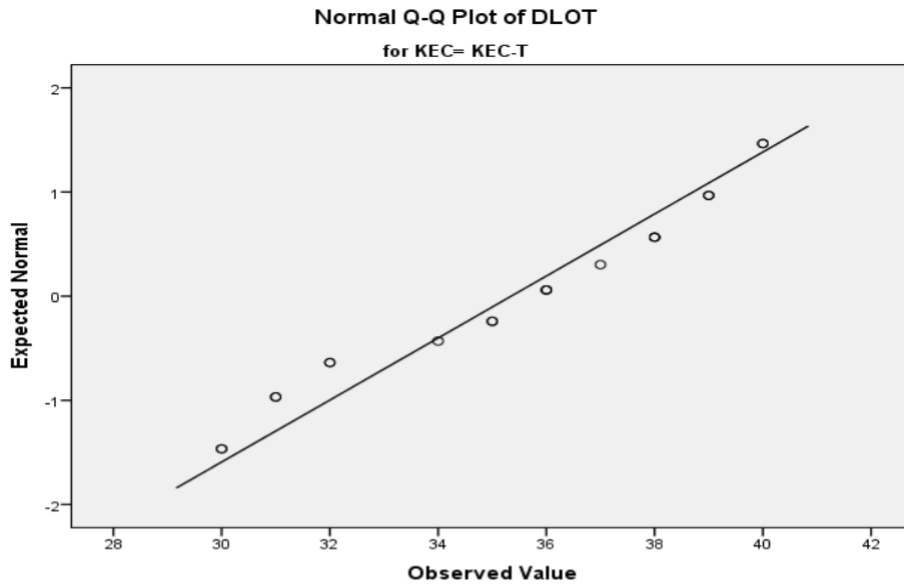
a. Lilliefors Significance Correction

Test of Homogeneity of Variance

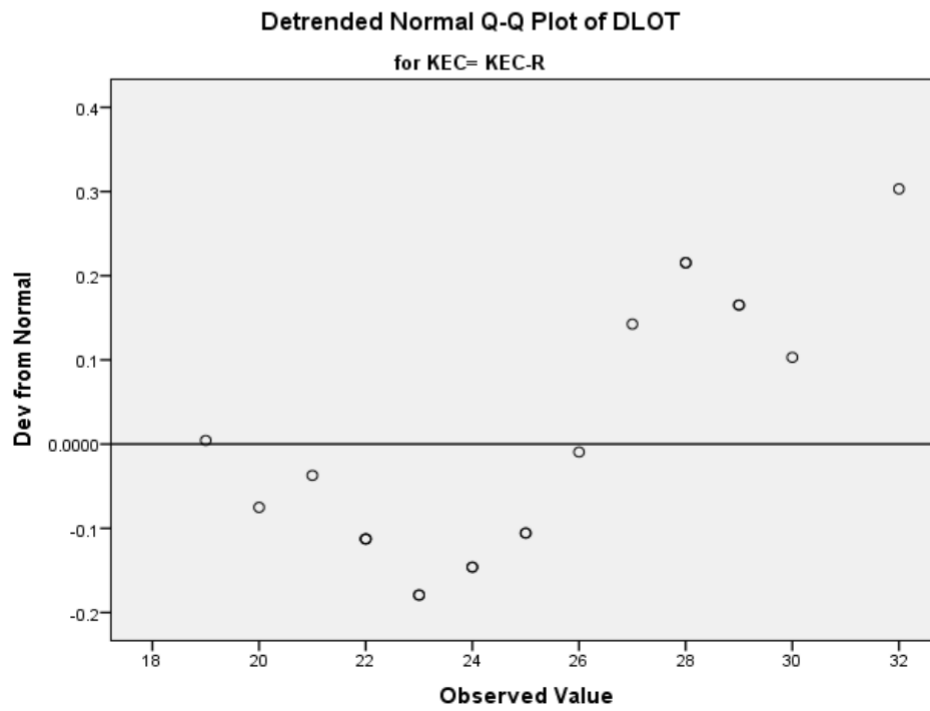
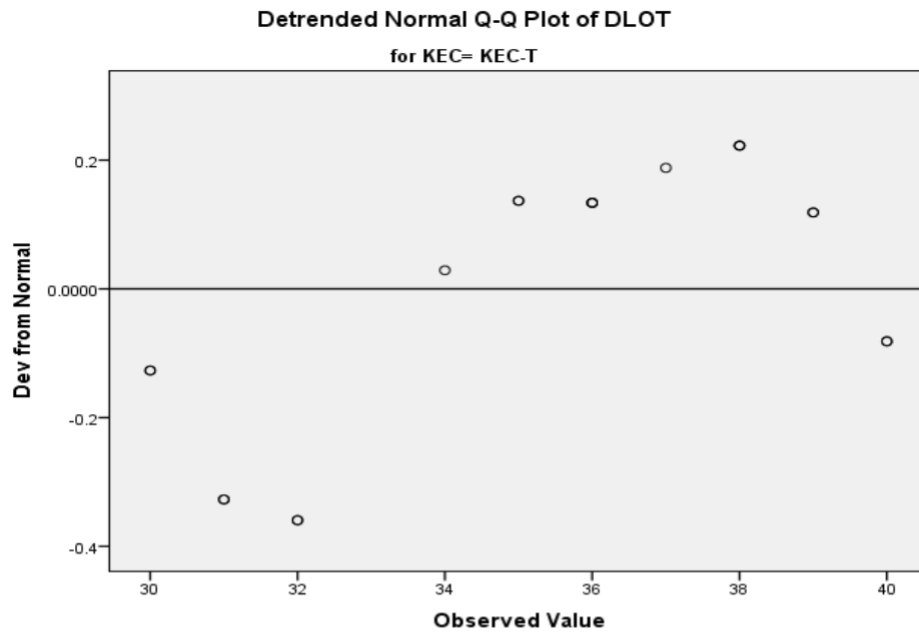
	Levene Statistic	df1	df2	Sig.
DLOTBased on Mean	.055	1	38	.815
Based on Median	.105	1	38	.748
Based on Median and with adjusted df	.105	1	37.997	.748
Based on trimmed mean	.058	1	38	.810

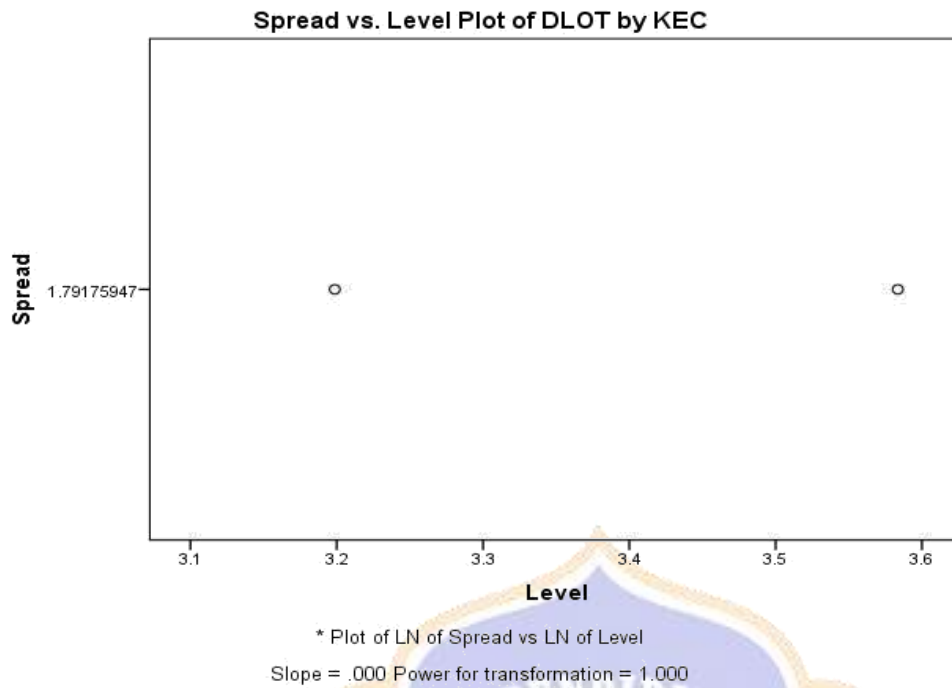
DLOT

Normal Q-Q Plots



Detrended Normal Q-Q Plots





Lampiran 5. Hasil Analisis Deskriptif Berdasarkan Pelatihan Dan Kecepatan

Frequencies

		Statistics			
		PQL-DLOT	DLSH-DLOT	KECT-DLOT	KECR-DLOT
N	Valid	20	20	20	20
	Missing	0	0	0	0
Mean		31.35	28.95	35.35	24.95
Median		31.50	30.00	36.00	24.50
Std. Deviation		5.575	6.848	3.360	3.576
Variance		31.082	46.892	11.292	12.787
Range		20	21	10	13
Minimum		20	19	30	19
Maximum		40	40	40	32
Sum		627	579	707	499

Frequency Table

PQL-DLOT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20	1	5.0	5.0	5.0
	24	1	5.0	5.0	10.0
	25	1	5.0	5.0	15.0
	26	1	5.0	5.0	20.0
	27	1	5.0	5.0	25.0
	28	2	10.0	10.0	35.0
	29	2	10.0	10.0	45.0
	31	1	5.0	5.0	50.0
	32	2	10.0	10.0	60.0
	34	1	5.0	5.0	65.0
	35	1	5.0	5.0	70.0
	36	2	10.0	10.0	80.0
	38	2	10.0	10.0	90.0
	39	1	5.0	5.0	95.0
	40	1	5.0	5.0	100.0
Total		20	100.0	100.0	

DLSH-DLOT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	19	1	5.0	5.0	5.0
	21	1	5.0	5.0	10.0
	22	3	15.0	15.0	25.0
	23	2	10.0	10.0	35.0
	24	1	5.0	5.0	40.0
	25	1	5.0	5.0	45.0
	30	3	15.0	15.0	60.0
	31	1	5.0	5.0	65.0
	32	1	5.0	5.0	70.0
	35	1	5.0	5.0	75.0
	36	1	5.0	5.0	80.0
	37	1	5.0	5.0	85.0
	38	1	5.0	5.0	90.0
	39	1	5.0	5.0	95.0

	40	1	5.0	5.0	100.0
	Total	20	100.0	100.0	

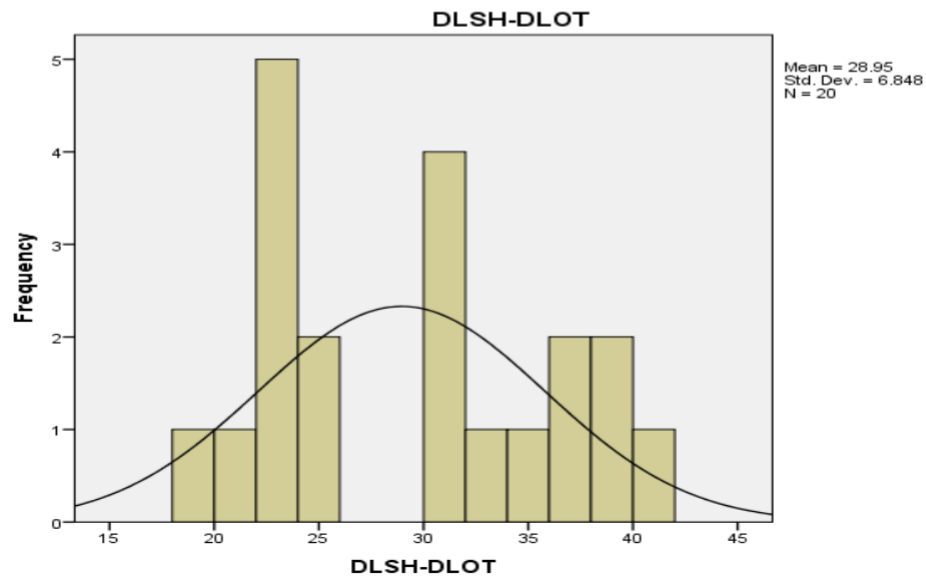
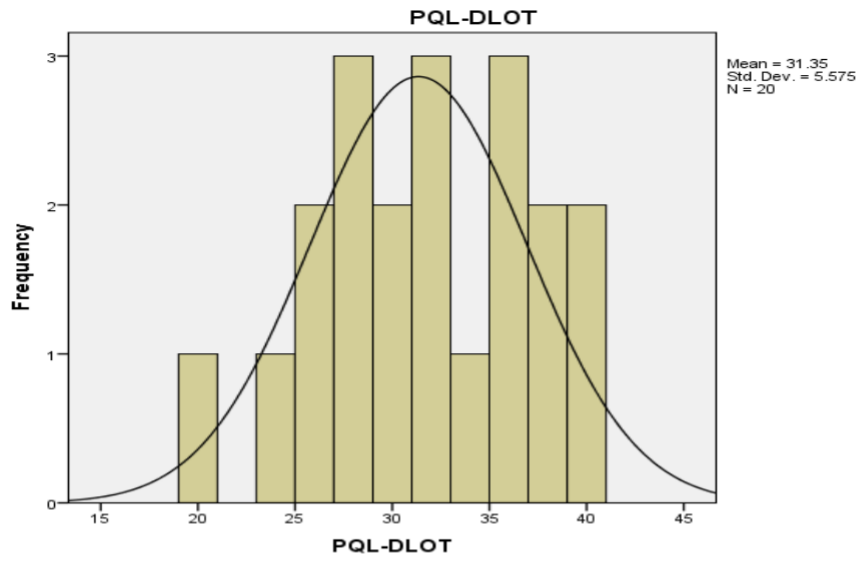
KECT-DLOT

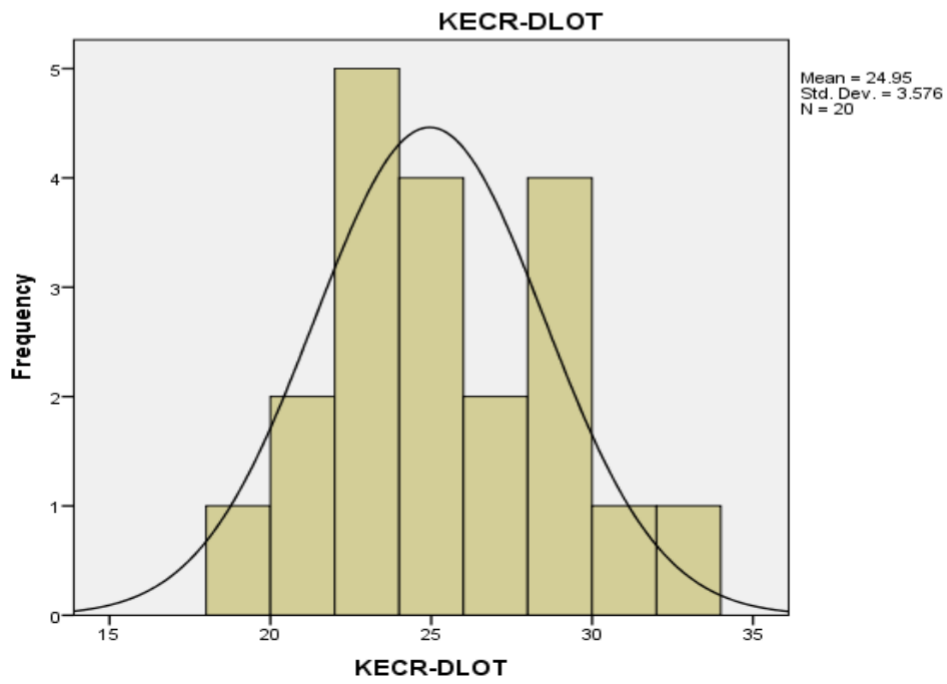
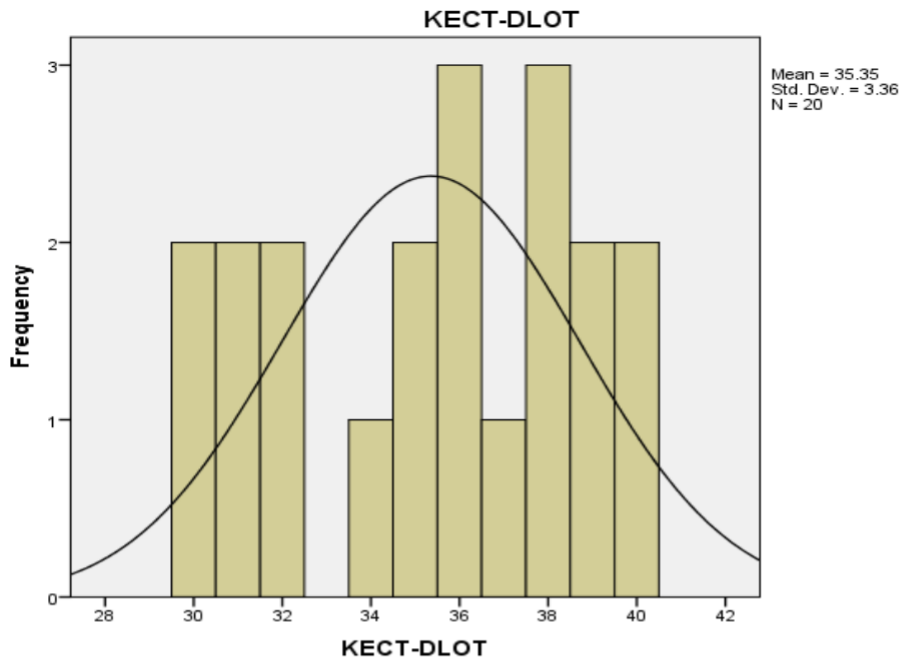
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30	2	10.0	10.0	10.0
	31	2	10.0	10.0	20.0
	32	2	10.0	10.0	30.0
	34	1	5.0	5.0	35.0
	35	2	10.0	10.0	45.0
	36	3	15.0	15.0	60.0
	37	1	5.0	5.0	65.0
	38	3	15.0	15.0	80.0
	39	2	10.0	10.0	90.0
	40	2	10.0	10.0	100.0
	Total	20	100.0	100.0	

KECR-DLOT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	19	1	5.0	5.0	5.0
	20	1	5.0	5.0	10.0
	21	1	5.0	5.0	15.0
	22	3	15.0	15.0	30.0
	23	2	10.0	10.0	40.0
	24	2	10.0	10.0	50.0
	25	2	10.0	10.0	60.0
	26	1	5.0	5.0	65.0
	27	1	5.0	5.0	70.0
	28	2	10.0	10.0	80.0
	29	2	10.0	10.0	90.0
	30	1	5.0	5.0	95.0
	32	1	5.0	5.0	100.0
	Total	20	100.0	100.0	

Histogram





Lampiran 6. Hasil Analisis Rumusan Masalah No 1, 2, 3, Dan 4

T-Test

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
PQLKTDLOT	10	35.90	2.961	.936
PQLKRDLOT	10	26.80	3.293	1.041
PDLSHKTDLOT	10	34.80	3.795	1.200
PDLSHKRDLOT	10	23.10	2.923	.924

One-Sample Test

	Test Value = 0				
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference Lower
PQLKTDLOT	38.342	9	.000	35.900	33.78
PQLKRDLOT	25.735	9	.000	26.800	24.44
PDLSHKTDLOT	29.000	9	.000	34.800	32.09
PDLSHKRDLOT	24.990	9	.000	23.100	21.01

One-Sample Test

	Test Value = 0	
	95% Confidence Interval of the Difference	
	Upper	
PQLKTDLOT	38.02	
PQLKRDLOT	29.16	
PDLSHKTDLOT	37.51	
PDLSHKRDLOT	25.19	

Lampiran 7. Hasil Analisis Rumusan Masalah No 5

Univariate Analysis of Variance

Between-Subjects Factors

		Value Label	N
PPLIOMETRIK	1	PQL	20
	2	PDLSH	20
KEC	1	KEC-T	20
	2	KEC-R	20

Tests of Between-Subjects Effects

Dependent Variable: DLOT

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	1156.100 ^a	3	385.367	36.222	.000
Intercept	36360.900	1	36360.900	3417.735	.000
PPLIOMETRIK * KEC	1156.100	3	385.367	36.222	.000
Error	383.000	36	10.639		
Total	37900.000	40			
Corrected Total	1539.100	39			

a. R Squared = .751 (Adjusted R Squared = .730)

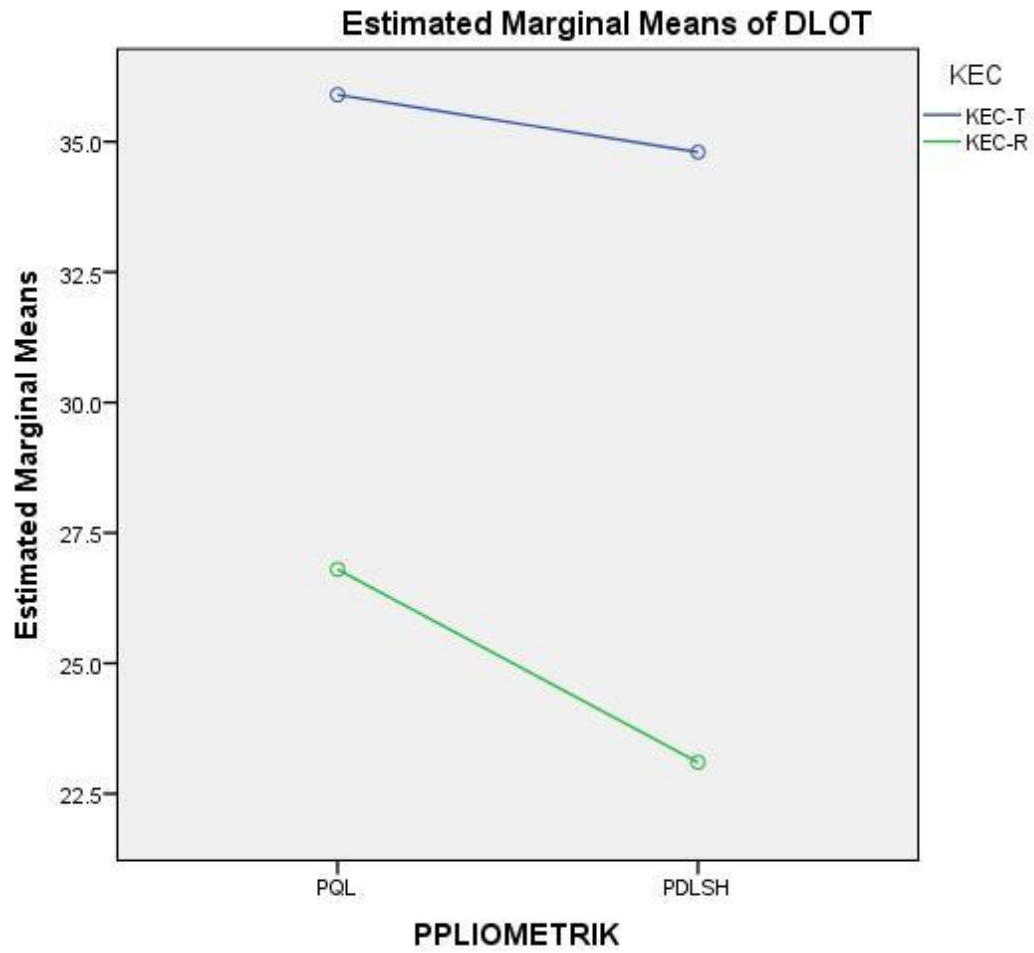
Estimated Marginal Means

KEC * PPLIOMETRIK

Dependent Variable: DLOT

KEC	PPLIOMETRIK	Mean	Std. Error	95% Confidence Interval	
				Lower Bound	Upper Bound
KEC-T	PQL	35.900	1.031	33.808	37.992
	PDLSH	34.800	1.031	32.708	36.892
KEC-R	PQL	26.800	1.031	24.708	28.892
	PDLSH	23.100	1.031	21.008	25.192

Profile Plots



Lampiran 8. Dokumentasi pelatihan



Gambar: 1 Pelaksanaan Doa Sebelum Memulai Kegiatan Berlangsung



Gambar : 2 Melakukan Pemanasan (*warming-up*)

Gambar : 3 Saat Melakukan Instrumen Pelatihan *Vertical Jump*



Gambar : 4 Persiapan Melompat Saat Pelatihan *Quick Leap*



Gambar : 5 Saat Melakukan Gerakan Melompat Pada Pelatihan *Quick Leap*



Gambar : 6 Persiapan Melakukan Gerakan *Double Leg Speed Hop*



Gambar : 7 Pelatihan *Double Leg Speed Hop* Saat Melakukan Lompatan



Gambar: 9 Saat Siswa Melakukan Pendinginan (*cooling-down*)



Gambar: 10 Alat *Vertical Jump*



Gambar: 11 Stopwatch, Kamera Dan Pluit



Gambar: 12 Box *Quick Leap*



Gambar: 13 Cun



Gambar: 14 Bola



KEMENTERIAN PENDIDIKAN DAN KEBUDAYAAN
UNIVERSITAS PENDIDIKAN GANESHA
PASCASARJANA

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Laman www.pasca.undiksha.ac.id

Nomor

1475/UN48.14/PP/2020

Prihal : Surat Permohonan Ijin Pengambilan Data
Lampiran : Persetujuan Dewan Penguji

Kepada

Yth : Kepala Dinas Pendidikan Kepemudaan dan Olahraga Kabupaten Jembrana
di-
Jembarana

Dengan hormat, dalam rangka percepatan penyelesaian Tesis Mahasiswa Program Studi Pendidikan Olahraga (S2) Pascasarjana Universitas Pendidikan Ganesha, maka dengan ini kami mohon sekiranya Bapak Kepala Dinas Pendidikan Kepemudaan dan Olahraga Kabupaten Jembrana berkenan memberikan **“ijin melakukan pengambilan data”**. Adapun nama mahasiswa adalah:

Nama : ADDY PUTRA INDRAWAN, I KETUT
NIM : 1297121005
Judul Penelitian : PENGARUH PELATIHAN PLIOMETRIK DAN KECEPATAN TERHADAP DAYA LEDAK OTOT TUNGKAI PEMAIN BOLA VOLI SMP KABUPATEN JEMBRANA
Tempat pengambilan data : SMP Negeri 1 Negara, SMP Negeri 6 Negara, SMP Negeri 3 Mendoyo SMP Negeri 5 Mendoyo. (SMP Negeri seKabupaten Jembrana)

Demikian surat ini kami sampaikan atas perhatian dan perkenan Bapak, kami ucapkan terima kasih..

Singaraja, 18 September 2020

Korprodi,

Sekretaris,

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SURAT KETERANGAN

Nomor : 480/ 770 /Dikpora/2020

Yang bertanda tangan di bawah ini, Kepala Dinas Pendidikan Kepemudaan dan Olahraga menerangkan dengan sebenarnya bahwa:

Nama : I Ketut Addy Putra Indrawan
NIM : 1297121005
Program Studi : Pendidikan Olahraga S2 Pascasarjana Undiksha
Judul Tesis : Pengaruh Pelatihan Pliometrik dan Kecepatan Terhadap Daya Ledak Otot Tungkai Pemain Bola Voli Putri SMP Kabupaten Jembrana.

Memang benar yang bersangkutan telah melaksanakan penelitian untuk menyusun Tesis dai bulan September 2020 sampai selesai.

Demikian Surat Keterangan ini kami buat untuk dapat dipergunakan sebagaimana mestinya.

Negara, 1 Oktober 2020
Kepala Dinas Pendidikan,
Kepemudaan dan Olahraga,
Kabupaten Jembrana.



Ni Nengah Wartini, S.Si., M.Si.

Pembina Tk I

NIP. 19670408 81994031010

RIWAYAT HIDUP



I Ketut Addy Putra Indrawan lahir di Yehembang pada tanggal 24 Januari 1995. Penulis lahir dari pasangan suami istri bapak I Ketut Sumadia dan ibu Ni Wayan Muliani. Penulis berkebangsaan Indonesia dan beragama hindu. Kini penulis beralamat di Jalan Arjuna Dusun Wali, Desa Yehembang, Kecamatan Mendoyo, Kabupaten Jembrana, Provinsi Bali. Penulis menyelesaikan Pendidikan Dasar di SD Negeri 5 Yehembang dan lulus pada tahun 2007.

Kemudian penulis melanjutkan di SMP Negeri 3Mendoyo dan lulus pada tahun 2010. Pada tahun 2013, penulis lulus dari SMA Negeri 1 Negara Jurusan Ilmu Pengetahuan Sosial dan melanjutkan ke Strata I Jurusan Ilmu Keolahragaan, Fakultas Olahraga Dan Kesehatan di Universitas Pendidikan Ganesha dan lulus pada tahun 2017. Dan sekarang Penulis melanjutkan pendidikan untuk mendapatkan gelar Magister Pendidikan di Pascasarjana Universitas Pendidikan Ganesha dengan Jurusan Pendidikan Olahraga.

