

## ABSTRAK

**ADITYA MADYA PAMUNGKAS, Effectiveness Training and Exercise Fartlek Tempo Run Against Result 1500 Meter Run Student Sports Coaching Education Prodi class of 2015 Faculty of Sport Science, State University of Jakarta. Thesis: Sports Coaching Education Program, Prodi Sports Coaching Education, Faculty of Sport Science, State University of Jakarta, June, 2016.**

The purpose of this study was to determine 1) Effectiveness of exercise Tempo Run towards increasing yields run 1500 meters Students Prodi Coaching Education Sports class of 2015 FIK UNJ, 2) Effectiveness of training Fartlek towards increasing yields run 1500 meters Students Prodi Coaching Education Sports class of 2015 FIK UNJ, and 3) Effectiveness Tempo training run, compared with Fartlek training in enhancing the results of running 1500 meters Students Prodi Coaching Education Sports class of 2015 FIK UNJ.

The method used in this research is the experimental method. The population in this study were students Nikken Sports Coaching Education UNJ Prodi force in 2015 consisting of 100 students. Sampling was done by using purposive sampling to select a sample on the basis of certain considerations which finally got 30 male students class of 2015 as a sample.

From the available data on the results of the final test group Training Methods Tempo Run gained an average deviation (MD) = 44.47 standard deviation (SD) = 21.81, and standard error mean (SEMD) = 5.83 those results produce ttable the degrees of freedom (df) =  $N-1 = 14$ , with a significance level = 5% was obtained critical value table = 1.76 thus the value of  $t = 7.63$ , which means  $t_{\text{count}} > t_{\text{table}}$ , then  $H_0$  and  $H_1$  accepted, meaning training method with Tempo run effectively to increased run 1500 results Students meter Prodi Sports Coaching Education class of 2015 FIK UNJ.

Training Methods Fartlek gained an average deviation (MD) = 37.80 standard deviation (SD) = 26.36, and standard error mean (SEMD) = 7.05 those results produce ttable the degrees of freedom (df) =  $N-1 = 14$ , with a significance level = 5 % critical values obtained ttable, = 1.76 thus  $t_{\text{count}} = 5.36$  which means  $t_{\text{count}} > t_{\text{table}}$  then  $H_0$  and  $H_1$  accepted, meaning Fartlek method of training to be effective against the resulting increase run 1500 meters results Students meter Prodi Sports Coaching Education class of 2015 FIK UNJ.

Tempo Training Methods and Training Fartlek Run thitung 0:24 values obtained were further tested with  $t_{table}$  at 5% significance level and degrees of freedom  $(N1 + N2) - 2 = 28$  obtained  $t_{table}$  of 2.16 which means  $t_{count} < t_{table}$  thus t test concludes  $H_0$  and  $H_1$  accepted, meaning training methods with Tempo run no more effective than Fartlek method to increase the results of running 1500 meters results Students meter Prodi Sports Coaching Education class of 2015 FIK UNJ.