

**IMPROVING BREASTSTROKE SWIMMING SKILLS THROUGH THE
ASSIGNMENT METHOD
(An Action Research On Student Penjaskesrek Lampung University)**

AZRY AYU NABILLAH
azryayunabillah@gmail.com

ABSTRACT

This study aims to improve the skills of swimming breaststroke at Lampung University student Penjaskesrek through the assignment method. Research using Action Research Methods. Source of research data is a student Penjaskesrek Lampung University, the academic year 2016/2017 as many as 30 students. Data collection techniques are observation and assessment skills breaststroke swimming. Data analysis techniques used in this research is descriptive interactive.

The results showed that through the student assignment method Penjaskesrek Lampung University has increased very significantly. In the pre-cycle average value of 63, the average cycle value of 76 and the second cycle of the average value of 86. The conclusion from this research is through the assignment method was effective to improve the skills of swimming breaststroke at Lampung University student Penjaskesrek.

Keywords: Skills, Breaststroke Swimming, Assignment Method