

SUMMARY

THE EFFECT OF 70% MAS RUN FOR 30 MINUTES ON LACTIC ACID AND PULSE ON UNIVERSITAS NEGERI JAKARTA FACULTY OF SPORT SCIENCE'S STUDENTS OF 2016

ABSTRACT

This study was conducted to examine the effect of 70% MAS run for 30 minutes on lactic acid and pulse on Universitas Negeri Jakarta Faculty of Sport Science's students of 2016. The research was conducted in the athletic track of Pemuda Rawamangun Stadium and FIO UNJ's Somatokinetics Lab during May 1st May 23th 2017. The method used in this experiment is "One Group Pre-Test and Post Test Design". The sampling method used is the purposive sampling method. The number of samples used in this research are 17 people out of 169 population. The data analysis technique used in this research is the t-test. Through the data analysis we can conclude that there is an increased level of lactic acid and pulse after a 70% MAS run for 30 minutes. There is a correlation between pulse and lactic acid condition when given running exercise with 70% MAS intensity for 30 minutes

Keywords : Lactic Acid, Pulse, Maximum Aerobic Speed