

RAE FRANCINE SUNIAR. "Relationships Explosive Muscle Power Limbs And Long Legs With 300 Meter Sprint Results On Athletes Clubs Roller Monastana Jakarta". Thesis Program Concentrations of Sport Science Sport Coaching. Department of Sports Performance. Faculty of Sport Science, State University of Jakarta, July 19, 2016.

This study aims to determine the relationship of leg muscle explosive power with a 300 meter sprint results, determine the relationship of limb length by 300 meters sprint results and their relationship with the results of the 300 meter sprint. Held on June 20, 2016 in GOR Bekasi, West Java. The method used is descriptive correlation technique, with a sampling technique that total sampling a total of 11 people out of a population of 11 people.

The research instrument used to collect data in this research is to take measurements of the variables included in this study consisted of three tests, namely tests Vertical Jump to determine the explosive power leg muscle, tests limb length by using the meter, and the last test sprint 300 meters to get the data. The analysis technique used is to find regressions and then calculate the correlation of variables by comparing the f-table at significant level of 0.05.

The results of the correlation calculations of leg muscle explosive power (X1) and leg length (X2) with the results of the sprint 300 meters (Y), with a significance test of correlation coefficient between X1 and Y that $t = 2.87$ is greater than table = 1.833 and the correlation coefficient $r_{y1} = -0.69$ is meaningless. And the significance test of correlation coefficient between X2 and Y, that $t = 2.99$ is greater than table = 1.833, which means the correlation coefficient = -0.70 r_{y2} is meaningful. As well as the significance test of correlation coefficient between the variables X1, X2 and Y, that $F_{hitung} = 4.25$ is smaller than $F_{table} = 4.46$, which means that multiple correlation coefficient = 0.59 R_{y1-2} is meaningful. It can be concluded that the leg muscle explosive power and leg length associated with 300 meter sprint results in athletes Clubs Roller Monastana Jakarta.