

SUMMARY

COMPARISON BETWEEN RELI SYSTEM WITH 21 POINTS AND 11 POINTS AGAINST ENERGY USING AND PULSE BRANCH EXERCISE ON SINGLE ATHLETE SPORT BADMINTON KOP JAKARTA STATE UNIVERSITY

ABSTRACT

This study aims to determine the system comparison rally system 21 points with 11 points against the system of energy used and pulse rate exercise on sport badminton men's singles badminton athletes letterhead Jakarta State University. This research was conducted on May 25, 2017. Experimental method with research design One Group Pre Test and Post Test Design.

The study included 8 students active member badminton sport science who attended the championship between athlete in city or from 8 student will draw when they meet each others. Students perform 3 single matches, each student is male. The data collection process is a sample that is willing to follow the research amounted to 8 people, then all sample will do two measurements. The first measurement is to be measured sample of the energy used and pulse rate exercise on 21 points rally system consisting of four students by using polar team. Furthermore, the second measure will be measured sample of the energy used and pulse rate exercise on 11 points rally system consisting of four students by using polar team.

Measurements were made using t-test and t-test result greater than t table value ($t > t_{table}$), it can be said that there are significant rally system 21 points and 11 points against the energy and pulse system where there is a comparison between the system's rally 21 points with 11 points. The conclusion obtained there is no comparison with the result of t-count is smaller than $t_{table} = 2.073$. From the energy test used in the rally group 21 and the rally 11, the standard difference between two t-calculated mean is obtained = 1.54. And from the measurement of the training pulse on the rally group 21 and the rally 11, the standard difference between two t-count means is obtained = 1.41.

Keywords: Rally System 21 Points, Rally System 11 Points, Energy Used, Pulse Exercise Pulse