

SUMMARY

**COMPARATIVE EFFECTIVENESS OF INTERVAL TRAINING
METHODS AND CIRCUIT TRAINING METHODS EXERCISE OF
CHANGES IN CARDIORESPIRATORY ENDURANCE ON
STUDENT EXTRACURRICULAR SPORTS OF SMA NEGERI 1
CITEUREUP**

ABSTRACT

This study aims to determine how much the ratio between training methods and training methods Interval Training Circuit Training on the results of cardiorespiratory endurance in sports extracurricular siswa SMA Negeri 1 Citeureup.

The research was carried on in SMA Negeri 1 Citeureup by using the experimental method. The design study is "Two Groups Pre-Test and Post-Test Design". The sample was 20 students were determined by purposive sampling. The research instrument used bleep test. Data analysis technique used was the independent t-test.

The test results of data analysis, shows that t count = 2,242. With a data analysis technique used is the technique of statistical t-test on signifikan level $\alpha = 0.05$, data analysis technique used is the t-test data analysis start counting t-test to compare with t-table at a significant level. The end of the test data and training methods Interval Training Circuit training exercise method gained perbedaanantara standard two mean (SEM X MY) = 0.428 the value be obtained t count = 2,242.

Then the results of these calculations are tested to the table on the degrees of freedom $(df) = (N1 + N2) - 2 = 10 + 10 - 2$ and earned a level of critical value = 0.05 t-table 2.101 (t-test = 2.101). Thus there is a difference obtained through this research Interval Training is a training method is more effective than the training Circuit training methods to changes in cardiorespiratory endurance sports extracurricular students SMA Negeri 1 Citeureup.

Keywords: Interval Training, Circuit Training, Cardiorespiratory Endurance, VO2 Max