

DAFTAR ISI

LEMBAR PERSETUJUAN SIDANG PROPOSAL SKRIPSI	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
ABSTRACT	Error! Bookmark not defined.
KATA PENGANTAR	Error! Bookmark not defined.
DAFTAR ISI	1
DAFTAR GAMBAR	3
DAFTAR TABEL	4
DAFTAR SKEMA	5
DAFTAR SINGKATAN	6
BAB I	Error! Bookmark not defined.
PENDAHULUAN	Error! Bookmark not defined.
A. Latar Belakang	Error! Bookmark not defined.
B. Identifikasi Masalah	Error! Bookmark not defined.
C. Rumusan Masalah	Error! Bookmark not defined.
D. Tujuan Penelitian	Error! Bookmark not defined.
E. Manfaat Penelitian	Error! Bookmark not defined.
BAB II	Error! Bookmark not defined.
KERANGKA TEORI DAN HIPOTESIS	Error! Bookmark not defined.
A. Deskripsi Teori	Error! Bookmark not defined.
1. Pemain bola voli	Error! Bookmark not defined.
2. Daya tahan otot <i>quadriceps</i>	Error! Bookmark not defined.
3. <i>Agility</i>	Error! Bookmark not defined.
B. Kerangka berpikir	Error! Bookmark not defined.
C. Kerangka Konsep	Error! Bookmark not defined.
D. Hipotesis	Error! Bookmark not defined.
BAB III	Error! Bookmark not defined.
METODOLOGI PENELITIAN	Error! Bookmark not defined.
A. Tempat dan Waktu Penelitian	Error! Bookmark not defined.
1. Tempat Penelitian	Error! Bookmark not defined.
2. Waktu Penelitian	Error! Bookmark not defined.
B. Metode Penelitian	Error! Bookmark not defined.

1. Pendekatan Penelitian	Error! Bookmark not defined.
2. Jenis Penelitian	Error! Bookmark not defined.
3. Desain Penelitian	Error! Bookmark not defined.
C. Populasi dan Sampel Penelitian.....	Error! Bookmark not defined.
1. Populasi Penelitian.....	Error! Bookmark not defined.
2. Sampel Penelitian.....	Error! Bookmark not defined.
3. Kriteria Sampel	Error! Bookmark not defined.
D. Instrumen Penelitian	Error! Bookmark not defined.
1. Variabel Penelitian	Error! Bookmark not defined.
2. Definisi Konseptual.....	Error! Bookmark not defined.
3. Definisi Operasional.....	Error! Bookmark not defined.
E. Teknik Analisis Data.....	Error! Bookmark not defined.
1. Uji Normalitas	Error! Bookmark not defined.
2. Uji Hipotesis	Error! Bookmark not defined.
BAB IV	Error! Bookmark not defined.
HASIL PENELITIAN.....	Error! Bookmark not defined.
A. Deskripsi Data	Error! Bookmark not defined.
1. Karakteristik Sampel Penelitian.....	Error! Bookmark not defined.
2. Hasil Pengukuran Variabel Penelitian.....	Error! Bookmark not defined.
B. Uji Prasyarat (Normalitas).....	Error! Bookmark not defined.
C. Pengujian Hipotesis.....	Error! Bookmark not defined.
BAB V.....	Error! Bookmark not defined.
PEMBAHASAN	Error! Bookmark not defined.
A. Pembahasan Hasil Penelitian.....	Error! Bookmark not defined.
B. Variabel-Variabel Pengganggu.....	Error! Bookmark not defined.
C. Keterbatasan Selama Penelitian.....	Error! Bookmark not defined.
BAB VI	Error! Bookmark not defined.
PENUTUP	Error! Bookmark not defined.
A. Kesimpulan.....	Error! Bookmark not defined.
B. Saran.....	Error! Bookmark not defined.
DAFTAR PUSTAKA	Error! Bookmark not defined.
LAMPIRAN	Error! Bookmark not defined.

DAFTAR GAMBAR

Gambar 2.1 <i>Smash</i>	11
Gambar 2.2 <i>Bump Dig</i>	12
Gambar 2.3 <i>Block</i>	12
Gambar 2.4 Group otot <i>quadriceps femoris</i>	14
Gambar 2.5 Group otot <i>hamstring</i>	15
Gambar 2.6 <i>Wall Sit Test</i>	17
Gambar 2.7 <i>Hexagonal Obstacle Test</i>	21

DAFTAR TABEL

Tabel 2.1 <i>Intepretasi Wall Sit Test</i>	17
Tabel 2.2 Nilai Normatif <i>Haxagonal Obstacle Test</i>	21
Tabel 3.1 Panduan Interpretasi Uji Hipotesis Korelatif	30
Tabel 4.1 Distribusi Berdasarkan Usia.....	39
Tabel 4.2 Distribusi Berdasarkan Tinggi Badan.....	39
Tabel 4.3 Distribusi Berdasarkan Berat Badan.....	39
Tabel 4.4 Distribusi Berdasarkan IMT.....	40
Tabel 4.2 Hasil Pengukuran Variabel Penelitian	40
Tabel 4.3 Hasil Uji Normalitas Dengan Kolmogorov-Smirnov Test	41
Tabel 4.4 Hasil Uji Korelasi Pearson Correlation	41

DAFTAR SKEMA

Skema 2.1 Kerangka Berpikir.....	23
Skema 2.2 Kerangka Konsep.....	24
Skema 3.1 Desain Penelitian	25

DAFTAR SINGKATAN

- ACL = *Anterior Cruciatum Ligament*
LCL = *Lateral Collateral Ligament*
MCL = *Medial Collateral Ligament*
MAN = Madrasah Aliah Negeri
PCL = *Posterior Cruciatum Ligament*
PON = Pekan Olahraga Nasional
SPSS = *Statistical Product and Service Solution*
UU = Undang-Undang