

## DAFTAR ISI

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## DAFTAR SINGKATAN

COM : *Center of Mass*

COG : *Center Of Gravity*

BOS : *Base Of Support*

*FIFA : Federation International De Football Association*

IMT : Indeks Massa Tubuh

PMK : Peraturan Menteri Kesehatan

SPSS : *Statistical Product And Service Solution*

ICC : Koefisien Korelasi Intrakelas

CI : Interval Kepercayaan

SLHT : *Single Leg Hop Test*