THE EFFECT OF AEROBIC HIGH IMPACT GYMNASTIC ON MAXIMUM OXYGEN VOLUME (VO₂MAX) IN FEMALE STUDENTS OF VOCATIONAL HIGH SCHOOL 1 KARANGANYAR

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ABSTRACT

Background; Maximum oxygen volume will peak at 18-20 years later decreased after the age 25 years, living habits that are inactive or rarely exercising are one of the causes of low VO₂max. In adolescents VO₂max accounting students due to the physical activity carried out by the community are in the seat. The role of physiotherapists in maintaining and improving VO₂max especially for young women is by providing aerobic high impact exercise. Purpose; Knowing the effect of aerobics high impact gymnastics on VO₂max. Research Method; this type of research methods is pre-experimental with the design of pre-test and post-test groups without control design. Sampel was taken as many as 20 respondents using simple random sampling and research instruments using multistage fitness test. The research performed 3 times a week for 3 weeks with a duration of 30 minutes per exercise. Results; The result of wilcoxon test showed a significance value of p=0.008, where p<0.05 which means that there is an aerobic gymnastic suppressant with VO₂max. Conclusion; aerobic high impact gymnastic suppressant on VO₂max after 9 met.

Key word: VO₂max, high impact aerobic gymnastic, MFT

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