

## DAFTAR PUSTAKA

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[Sport for Life - Developing physical literacy and delivering quality sport](https://www.quipper.com/id/blog/info-guru/model-pembelajaran-tgt/)

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### **Undang-Undang**

Peraturan Presiden RI (PERPRES) Nomor 11 Tahun 2022 tentang Keolahragaan

## LAMPIRAN

### Lampiran 1. Data Hasil *Pretest* dan *Posttest*

#### a. Berjalan

Nama	Pretest	Posttest
eca	70	85
azkia	60	80
adzkia	40	75
kekey	50	85
abila	40	70
ayu	70	85
riska	65	70
nafil	55	75
zildan	70	85
azka	55	70
tian	80	90
ridwan	50	70
adnan	65	80
hana	55	70
<b>MEAN</b>	<b>58,92857</b>	<b>77,85714</b>
<b>MAX</b>	<b>80</b>	<b>90</b>
<b>MIN</b>	<b>40</b>	<b>70</b>

#### b. Berlari

Nama	Pretest	Posttest
eca	60	70
azkia	60	80
adzkia	50	60
kekey	60	70
abila	30	60
ayu	70	90
riska	50	70
nafil	30	60
zildan	70	90
azka	60	70
tian	80	90
ridwan	30	50
adnan	40	60
hana	50	70
<b>MEAN</b>	<b>52,85714</b>	<b>70,71429</b>
<b>MAX</b>	<b>80</b>	<b>90</b>
<b>MIN</b>	<b>30</b>	<b>50</b>

c. Melompat

Nama	Pretest	Posttest
eca	40	60
azkia	35	55
adzkia	45	65
kekey	50	60
abila	30	50
ayu	55	70
riska	40	55
nafil	30	50
zildan	60	80
azka	55	65
tian	65	85
ridwan	35	50
adnan	55	70
hana	60	75
<b>MEAN</b>	<b>46,78571</b>	<b>63,57143</b>
<b>MAX</b>	<b>65</b>	<b>85</b>
<b>MIN</b>	<b>30</b>	<b>50</b>

## Lampiran 2. Perhitungan Uji Normalitas

### a. Uji Normalitas berjalan

#### Descriptives

		Statistic	Std. Error	
Pretest	Mean	58.9286	3.15264	
	95% Confidence Interval for Mean	Lower Bound	52.1177	
		Upper Bound	65.7394	
	5% Trimmed Mean	58.8095		
	Median	57.5000		
	Variance	139.148		
	Std. Deviation	11.79612		
	Minimum	40.00		
	Maximum	80.00		
	Range	40.00		
	Interquartile Range	20.00		
	Skewness	-.071	.597	
	Kurtosis	-.585	1.154	
	Posttest	Mean	77.8571	1.94105
95% Confidence Interval for Mean		Lower Bound	73.6638	
		Upper Bound	82.0505	
5% Trimmed Mean		77.6190		
Median		77.5000		
Variance		52.747		
Std. Deviation		7.26273		
Minimum		70.00		
Maximum		90.00		
Range		20.00		
Interquartile Range		15.00		
Skewness		.186	.597	
Kurtosis		-1.581	1.154	

### b.

### Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Pretest	14	100.0%	0	0.0%	14	100.0%
Posttest	14	100.0%	0	0.0%	14	100.0%

### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.130	14	.200*	.955	14	.645
Posttest	.217	14	.071	.855	14	.026

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

b. Uji Normalitas Berlari

**Descriptives**

		Statistic	Std. Error	
Pretest	Mean	52.8571	4.24893	
	95% Confidence Interval for Mean	Lower Bound	43.6779	
		Upper Bound	62.0364	
	5% Trimmed Mean	52.6190		
	Median	55.0000		
	Variance	252.747		
	Std. Deviation	15.89803		
	Minimum	30.00		
	Maximum	80.00		
	Range	50.00		
	Interquartile Range	25.00		
	Skewness	-.145	.597	
	Kurtosis	-.829	1.154	
	Posttest	Mean	70.7143	3.39105
95% Confidence Interval for Mean		Lower Bound	63.3884	
		Upper Bound	78.0402	
5% Trimmed Mean		70.7937		
Median		70.0000		
Variance		160.989		
Std. Deviation		12.68814		
Minimum		50.00		
Maximum		90.00		
Range		40.00		
Interquartile Range		22.50		
Skewness		.374	.597	
Kurtosis		-.728	1.154	

### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.173	14	.200*	.926	14	.271
Posttest	.237	14	.032	.891	14	.083

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

### Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Pretest	14	100.0%	0	0.0%	14	100.0%
Posttest	14	100.0%	0	0.0%	14	100.0%



c. Uji Normalitas Melompat

**Descriptives**

		Statistic	Std. Error	
Pretest	Mean	46.7857	3.17126	
	95% Confidence Interval for Mean	Lower Bound	39.9346	
		Upper Bound	53.6368	
	5% Trimmed Mean	46.7063		
	Median	47.5000		
	Variance	140.797		
	Std. Deviation	11.86578		
	Minimum	30.00		
	Maximum	65.00		
	Range	35.00		
	Interquartile Range	21.25		
	Skewness	-.054	.597	
	Kurtosis	-1.455	1.154	
	Posttest	Mean	63.5714	3.03046
95% Confidence Interval for Mean		Lower Bound	57.0245	
		Upper Bound	70.1183	
5% Trimmed Mean		63.1349		
Median		62.5000		
Variance		128.571		
Std. Deviation		11.33893		
Minimum		50.00		
Maximum		85.00		
Range		35.00		
Interquartile Range		17.50		
Skewness		.459	.597	
Kurtosis		-.753	1.154	

### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.184	14	.200*	.925	14	.263
Posttest	.132	14	.200*	.935	14	.355

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

### Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Pretest	14	100.0%	0	0.0%	14	100.0%
Posttest	14	100.0%	0	0.0%	14	100.0%

### Lampiran 3. Perhitungan Uji homogenitas

#### a. Uji Homogen Berjalan

##### Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Value	Based on Mean	3.061	1	26	.092
	Based on Median	2.917	1	26	.100
	Based on Median and with adjusted df	2.917	1	18.077	.105
	Based on trimmed mean	3.056	1	26	.092

#### b. Uji Homogen Berlari

##### Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Value	Based on Mean	1.092	1	26	.306
	Based on Median	1.204	1	26	.283
	Based on Median and with adjusted df	1.204	1	25.858	.283
	Based on trimmed mean	1.075	1	26	.309

#### c. Uji Homogen Melompat

##### Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Value	Based on Mean	.264	1	26	.612
	Based on Median	.256	1	26	.617
	Based on Median and with adjusted df	.256	1	25.208	.617
	Based on trimmed mean	.263	1	26	.613

## Lampiran 4. Hasil perhitungan Uji Hipotesis

### a. Hipotesis Berjalan

		Paired Samples Test							
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
			n		Lower	Upper			
Pair 1	Posttest - Pretest	18.92857	8.80965	2.35448	13.84203	24.01511	8.039	13	.000

### Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Posttest & Pretest	14	.667	.009

### b. Hipotesis Berlari

		Paired Samples Test							
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
			n		Lower	Upper			
Pair 1	Posttest - Pretest	17.85714	6.99293	1.86894	13.81954	21.89474	9.555	13	.000

### Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Posttest & Pretest	14	.904	.000

c. Hipotesis Melompat

**Paired Samples Test**

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
Pair					Lower	Upper			
1	Posttest - Pretest	16.78571	3.72473	.99548	14.63512	18.93631	16.862	13	.000

**Paired Samples Correlations**

Pair		N	Correlation	Sig.
1	Posttest & Pretest	14	.949	.000

Lampiran 5. Dokumentasi Penelitian



