

ABSTRAK

Rikhsha Maulana. 2021. **Pengaruh Latihan *Circuit Training* Terhadap Peningkatan Kebugaran Jasmani.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi, Tasikmalaya.

Pada saat pengamatan langsung terlihat beberapa siswa mengalami kelelahan pada saat pertandingan maupun latihan. Disamping itu, siswa belum mengetahui tingkat kebugaran jasmani masing-masing. Tujuan penelitian kali ini untuk mengetahui pengaruh latihan *Circuit Training* terhadap peningkatan kebugaran jasmani peserta ekstrakurikuler Sepak Bola SMP Negeri 1 Sukaraja. Metode penelitian yang digunakan adalah metode eksperimen, dengan populasi sampel terdiri atas 20 orang. Teknik pengambilan sampel yang digunakan penelitian ini menggunakan sampel jenuh. Berdasarkan hasil penelitian, pengolahan data, analisis data dan pengujian hipotesis dengan pendekatan *statistic*. Maka terdapat pengaruh secara signifikan latihan *Circuit Training* terhadap peningkatan kebugaran jasmani peserta ekstrakurikuler Sepak Bola SMP Negeri 1 Sukaraja.

Kata kunci: *Circuit Training*, Kebugaran Jasmani, Sepak Bola

ABSTRACT

Rikhsha Maulana. 2021. *The Effect of Circuit Training on Increasing Physical Fitness. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

At the time of direct observation, it was seen that some students experienced fatigue during matches and practice. In addition, students do not know the level of physical fitness of each. The purpose of this study was to determine the effect of Circuit Training on improving the physical fitness of soccer extracurricular participants at SMP Negeri 1 Sukaraja. The research method used is the experimental method, with the sample population consisting of 20 people. The sampling technique used in this study was a saturated sample. Based on the results of research, data processing, data analysis and hypothesis testing with a statistical approach. So there is a significant effect of Circuit Training on increasing the physical fitness of soccer extracurricular participants at SMP Negeri 1 Sukaraja.

Keywords: Circuit Training, Physical Fitness, Football