

## ABSTRACT

DINDA HAMIDAH. 2023. *Contribution of Limb Muscle Power, Arm Muscle Power and Back Flexibility to Chest Style Swimming Speed of Physical Education Students at Siliwangi University*

*The problem raised in this research is that there is a phenomenon in the field, namely that physical education students master breaststroke swimming more than other styles, so is there a significant contribution to leg muscle power, arm muscle power, and back flexibility in breaststroke swimming? The aim of this research is to determine whether the contribution of leg muscle power, arm muscle power and back flexibility to breaststroke swimming is significant or not. The total population is 220 physical education students class 21 using descriptive research methods using tests. The number of samples taken was 20 physical education students class 21 Siliwangi University. Based on the results of data processing and analysis, it can be concluded that there is a significant contribution of leg muscle power to breaststroke swimming results of 20.25% in the low category, there is a significant contribution of arm muscle power to upper breaststroke swimming results of 31.35% with In the poor category, there is a significant contribution of back flexibility to the breaststroke swimming results of 44.89% in the moderate category and together with leg muscle power, arm muscle power, and back flexibility to the breaststroke swimming results the category results are 59.29% in the category high, with that all variables are stated to contribute*

**Keywords:** *Contribution of Leg Muscle Power, Arm Muscle Power and Back Flexibility to Breaststroke Swimming.*