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THE EFFECTS OF CIRCUIT AND PLYOMETRICS TRAINING TOWARDS AEROBIC GYMNASTICS ATHLETES' LEG POWER

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Abstract

This research aims at investigating: (1) the effects of plyometrics training circuit exercise towards leg power, which method is better in increasing aerobic gymnastics athlete leg power.

The research is experimental research. The method used is test method to investigate aerobic gymnastics athlete leg power. The population of the research was aerobic gymnastics athlete aged 15- 23 year old and was still one year active training. The samples used were 8 male students and 8 female students. The data analysis technique used was t-test, one group pre-test- post-test design.

The results show that p value of t test in pairs is 0,265, if compared with $1 = 0, 05$ then $p > 0, 05$. Therefore, the statistic conclusion obtained is H_0 acceptable. As a result, it can be concluded that after being calculated using SPSS the conclusion is "there is no difference of leg muscle power after and before the circuit training". From the calculation result of p value of t test in pairs is 0, 005, if compared with $a = 0, 05$ then $p < 0, 05$. So, the statistical conclusion taken after counted using SPSS, the conclusion is that "there is difference legs muscle power between before and after Plyometrics. The average result calculation shows that Plyometrics training has higher average difference than circuit training exercise. Thus, it can be concluded than Plyometrics is more effective than circuit training exercise towards legs power training.

Keywords: circuit training, Plyometrics, Legs Power

TRODUCTION

Gymnastics is a very complex sport, as it involves several components, including fitness. In gymnastics, the important components of fitness are agility and strength. Agility is the ability to change direction quickly without losing balance. Harsono (1988: 172) says that a person who has the ability to change direction and body position fast and quickly when he or she is moving without losing balance and its body position is called agility. Whereas strength is to improve muscle power in order to overcome burden throughout exercise activity. On Gymnastics require power on leg muscle to move and during the choreography movements.

Aerobic gymnastics is gymnastics on choreography with dynamic movement accompanied by proper and unique musical rhythm. The movements are usually prepared according to the storyline, and demonstrate strength, agility, flexibility, balance, and perfection of performance. (Fahmi F, 2001: 2)

The movements in aerobic gymnastics are very dynamic and require a physical movement during performance. In Yogyakarta, specifically in gymnastics athletes of Selabora (Sport Laboratory School) are athletes that are being prepared to compete local and national tournament, that is why they need a good workout and adequate training schedule. The workout is based on their agility and personal strength,





especially on their leg muscle. Sometimes, their leg muscle is still weak, so they don't perform better. It's proofed on National and Local Gymnastic tournament.

LITERATURE REVIEW

Gymnastic

Gymnastic is a selected and created body workout by plan, arranged systematically to form and develop personally in harmony. According to 18th century figure (Imam Hidayat, 1996: 12), there are three criteria for gymnastics, they are: (1) selected gymnastic exercise must be observed its impact to the body. (2) the movements must be done correctly. (3) Each exercise dosage has to have its purpose. Due to the complexity gymnastics movement, the three elements mentioned above are obliged to pay attention to, for example, anything that involves gymnastic movements are need attention to its impact to the body, while the motion carried must avoid injury.

1. Aerobic gymnastics

FIG (2009: 10 of 32) also claims that:

It's said that: Aerobic gymnastics is the ability to perform continuous complex and high intensity movement pattern to music, which originate from traditional aerobic exercises: the routine must demonstrate continuous movement, flexibility, strength, and the utilisation of seven basic steps, with perfectly executed difficulty element.

Aerobic gymnastics is the form of gymnastic in choreography specifically coupled with the dynamic motion intensity accompanied by the order of the music (the song) is appropriate and distinctive. The composition of motion is usually prepared in accordance with the character (character / story) you want to display, but the choreography should always show strength, agility, flexibility, balance and perfection of execution.

This kind of sport consists of man single, woman single, in pairs, trio, and group.

2. The Definition of Training

According to Sukadiyanto (2009: 32) training is the accumulation process of various components of activities such as duration, distance, frequency, number of replications, the loading, rhythm performance, intensity, volume, recess time, and density. Therefore, in preparing and planning an exercise, coaches must consider all factors called the components of exercise.

3. The Agility Definition

The agility itself can be interpreted as a person's ability to perform rapid direction changes without losing balance. Harsono (1988: 172) reveals that agile person who has ability to change direction and body position quickly and precise moving time, without losing balance and body awareness. Also a gymnastics athlete, where moves require strength and





agility as intended in such a short period to complete required compulsory sequence.

4. The Definition of Power

Weight training is one of the important elements to produce sportsmen. The benefits of weight training for sportsmen are: (1) to increase muscles and tissues ability, (2) to reduce and avoiding injuries (3) to improve achievement, (4) therapy and injuries rehabilitation on muscle, and (5) to assist learning or mastering a technique. (Sukadiyanto, 2005: 80)

5. The Circuit Definition

Circuit training is an exercise program that consists of multiple stations, each station, an athlete doing the kind of exercise that has been determined. One exercise circuit is said to be completed if an athlete has completed training at all stations in a precise dose, (Sajoto, 1991: 161). Exercise circuit using the movement of the seven basic steps in aerobic gymnastics movement or often called with seven basic steps. How to do this made seven posts, each charged to carry out the exercise. Basic steps undertaken include jogging, knee lift, jumping jack, kick, skip, lunges, and march.

6. The Plyometric Definition

The action involved in a plyometrics type of exercise relies mechanically on the stretch reflex which is found in the belly of the individual muscle, (Bompa, 1993: 161). It is translated that plyometrics is a training method that uses weight and can be done by jumping. To be

applied in specific Plyometrics exercise is: the characteristic trained in muscle groups. Plyometrics exercises are categorized based on anatomy function in conjunction with the movement that will be committed, so at the time of exercise will be based on the muscle groups involved and the relationship with the movement in sport.

Conceptual Framework

Physical exercise is aimed to improve physical condition as well as improving athletes' performance. A good exercise program will support athlete success. By using the circuits and plyometrics as the added exercise program to achieve the best accomplishment.

Agility and strength are important elements in gymnastic and in every performance and tournament. Agility is used on moving direction and strength is used when doing compulsory movement in gymnastic.

The Instrument Development

a. The Operational Definitions

The variable in this study includes two variables; they are free and bound variables. Circuit training and plyometrics is a free variable and agility, strength of limb muscles are bound variables.

Definition operational of research variables is:



1. Circuit exercise is an exercise consists of outposts that have been specified and must be completed by each athlete.



Figure 1 exercise circuit

2. Plyometrics exercise is training using weights itself and done as well as in jump-jumping.

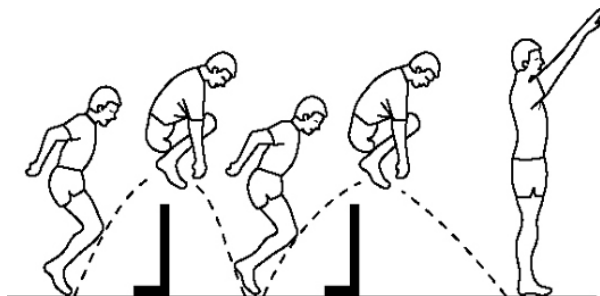


Figure 2. Plyometric Exercise (Jumping)

Validity and Reliability

The validity and Reliability instrument mean it can be used to measure what should be resized. Sugiyono (2009: 121)states that the validity of the measuring instrument can be used to measure how far the instrument itself to have a valid data. The reliability is the ability to deliver results on measuring

compliance can also be translated as the stability of measuring results.

Design Research

a. Population and Sample

The sample uses purposive sampling that is a technique that chooses samples not disordered, but based on specific consideration criteria in accordance with the research objectives Singh (2006: 91). Criteria for sample gymnastics athletes aged 15 years to 22 years who are actively practicing gymnastics for a minimum of 1 year. Suharsimi Arikunto (2006: 130) says that the determination of population in a research should be clearly and emphatically because the population is the entire subject of research. Pre-test sampling techniques using the entire population in the testing criteria. Then initial test is by doing one Vertical Jump test.

b. The Place and Time

The research took place at Gymnastic Selabora (Sport Labooratory School) Faculty of Sport Scinece, Yogyakarta State University. Colombo St. #1, Yogyakarta 55281.

Data Analysis and Technique

The data analysis techniques used are test-t sample of one group. As a step to analyze the data, the assumption test was done first to find out whether the generated data is worth T test.





RESULTS AND DISCUSSION

Data description

From the results of this data in the form of result table of pretest, treatment, and post treatment test. The circuit workout using the 7 basic steps are (jogging, jumping jacks, lunges, kick, knee lift, march, skipping). Plyometrics exercise uses upward leaps movement (vertical jump)

Vertical Jump test Data

a. Vertical Jump Result

No	Number	Pre Test Result	Post Test Result	Result
1.	02	58	58	0
2.	08	45	45	0
3.	01	41	42	1
4.	07	41	41	0
5.	04	40	45	5
6.	05	39	39	0
7.	06	39	39	0
8.	03	38	38	0

No	Chest Number	Pre Test Result	Post Test Result	Total Result
1.	02	58	58	0
2.	08	45	45	0
3.	01	41	42	1
4.	07	41	41	0
5.	04	40	45	5
6.	05	39	39	0
7.	06	39	39	0
8.	03	38	38	0

Figure of Circuit Training Exercise Result

From the circuit training above, there are two athletes who have increased, and 6 other athletes do not increase.

Vertical Jump Test Data

No	Number	Pre Test Result	Post Test Result	Result
1.	02	55	55	0
2.	04	44	48	4
3.	01	42	42	0
4.	06	39	41	2
5.	07	38	41	3
6.	05	37	42	5
7.	08	37	40	3
8.	03	35	38	3

Figure of Plyometrics Exercise

From the Plyometrics results above, there are 6 athletes increased, there are two athletes who do not experience an increase.

Hypothesis Test

1. Circuit Training Exercise

From the calculation result of the p-value of the paired t-test is 0,265, if compared to $\alpha = 0.05$, then $p > 0,005$. The statistical inference is acquired H_0 are received. In the SPSS conclusion interpreted is that there is no difference of leg muscles power before and after circuit training exercise.

2. On Plyometrics Exercise

From the results of the value of the p paired t-test is 0.005, compared to $\alpha = 0.05$, then $p < 0,005$. The statistical inference is H_1 accepted. In conclusion, the SPSS interpreted is that there are





differences between leg muscles power before and after Plyometrics exercise.

3. The average Calculation

Plyometrics exercises have greater average than Circuit Training exercise; Plyometrics exercises are more effective than Circuit Training.

CONCLUSION

Both types of training methods are essentially to have the effect on enhancing leg exercises, but using Plyometrics method is more effective to increase leg power of Selabora gymnastics athletes.

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SPORT TOURISM DEVELOPMENT IN INDONESIAN

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Abstrak

The paradigm on Sport Tourism began to develop in the early 2000s. It was pioneered by the publication of the international journal "Sport Tourism". Sport Tourism is defined as "A Sport Tourism Frame work is detailed andnot only a tentative sports tourism Typology (based upon competitiveness recreation activity and passivity) but also a method Utilize organization can,in order to identify current and future sport tourism development.

According to Spillane (1987: 30) Sport Tourism divided is 1) Big Sport Events is organizing an event or major sporting events such as Olympic Games, World Cup,World Boxing championship, world championship basketball etc.. While 2) Sport Tourism of the Practitioner is the implementation of sports tourism for those who perform for the purpose of pleasure and leisure. Examples of these activities are mountaineering, rafting, hunting etc.

Sport Tourism has a good effect against the development of tourism in general. Sport and tourism are the two disciplines and two different studies but can be puttogether so that mutually beneficial. In sports there are elements of tourism elements in it. Instead through sports tourism can be, nurtured and developed.

Another goal is to serve as a tool to introduce and to recognize sport, improve fitness and preparation exercise. In 2006 the Indonesian government began to develop sports industry which is a new field of study in this country. Ministry of Youth and Sports launched a resurgence sports industry in Indonesia. The legal basis is the development of sports industry Law No. 3 of 2005 on the national sports system. In Act No. 3 of 2005 Article 1, Section 12, stated that the Recreation Sports is a sport that is done by people with a penchant and ability to grow and develop in accordance with the condition and value of local culture to health, fitness and fun.

Sport Tourism is very likely developed in Indonesia. Indonesia is a country rich in natural resources which are very beautiful. Indonesia is also rich in diverse cultures. Indonesia is also rich with human resources are managed properly there have a lot of. If Economic value that will be profitable for the state, government and society. Some physical activity in the tourist spot of which is 1). Mountaineering, Climbing, sport diving, Mountain bike, Out bond, traditional sport. Conversely tourism events that can be collaborated with sporting activities in Indonesia is Lake Toba Festival, Serayu Festival, Borobudur Festival Etc.

Finally if managed well in Indonesia will help develop sports tourism sports and encourage people to participate in sports activities. He can also bring potential athlete seedlings in various sports. Output of this activity is to encourage public awareness of the sport and is responsible for sports performance.

Keywords : Sports, Tourism, Indonesian

A. INTRODUCTION

Paradigm of sports tourism began to flourish in the world in the early 2000s , which was marked by the publication of the journal Sports Tourism . However, the development and commercialization of the

sports industry has started in 1984 . After the implementation of the 1984 Olympic Games in Los Angeles marked the success of the organizing committee, which was a great benefit of holding the Olympic Games .





Sports tourism in Indonesia is part of the sports industry . Sports tourism is tourism that uses sports activities as a means to an end . If developed properly it has the potential to be developed in the interests of economic , social and educational .

Sports Tourism in Indonesia into policies developed as part of the sports industry. Indonesian sports industry revival began in 2006, although the rules of the sports industry has been there before . Government through the Ministry of Youth and Sports launched in 2006 as a revival of the Sports Industry sports tourism as a part of it.

Sports tourism has economic value and can bring benefits to the State , the government and local communities . In many countries , Sports and Tourism has developed is now advancing so many sports that are now used as the object as well as an attraction for tourists . Types of sports are offered primarily use the facilities that are natural such as mountains, lakes, rivers, the sea and the only offers the charm of natural beauty as well as cultural and local wisdom .

In many countries have shown no increase in spending for the purposes of travel, tourism , sports and leisure time from year to year . This potential is large enough to be used by countries that tourism as a commodity , including Indonesia .

Bali province is one of the provinces in Indonesia which develops the most successful Sports Tourism . Organizing events at international level has also successfully held in Bali . Even in 2008 successfully conducted multi Bali Asian Beach Games event is the first , with equalize some modified sports held on the beach .

Indonesia has many competitive advantages in the market place to offer tourism destinations , including climate conducive to outdoor activities , various sports activities , quality sports facilities , tourism infrastructure is well developed and heavily in the international promotion increase as the nation's sports and tourist destinations . Even the fact that the seasons in our country is the opposite of world tourism , which provides a variety of opportunities in various fields . But the potential it has to be managed in a way that provides maximum benefit for the country as a whole Although there are many opportunities in the field of sports tourism broader , some sectors and some places seem to have a special potential and to develop. Sports and Tourism are two disciplines and two studies can be combined so that it has the power and double the effect is positive . There is an element of the implementation of sports tourism in the tourism and there are those sports that do .

B. PROBLEM





1. How does the potential for sports tourism in Indonesia
2. What obstacles faced by sports tourism in Indonesia
3. What are the challenges faced to develop sports tourism in Indonesia

C. DISCUSSION

1 . Definition

Understanding sports is all systematic activities to encourage and develop the potential for physical , spiritual and social . (Act No. 3 of 2005) . Further scope of the exercise is divided into : 1) . Sports Education 2) . Sports Recreation 3) . Sports Achievement .

Here after referred to Sports Recreation is a sports that is done by people with a penchant and ability to grow and develop in accordance with the conditions and cultural values of the local community for health , fitness and pleasure.

Understanding Tourism by Marpaung are : displacement while the man carried out with the purpose of the routine work , residence and place of scientific activities carried out during their stay at the destination and the facilities that were made to meet their needs Purwadi believes tourism is a pleasure doing activities personality , knowledge satisfaction , health , exercise , rest and pilgrimage .

Some tourism figures give a very varied definitions of the types of tourism in Indonesia . Based on the motives and objectives Yoeti (1978:114-116) divides types of tourism into 6 sections:

1 . Cultural Tourism

Activities that travelers will be interested primarily in the style of art and culture in their own country so that they might be interested also to visit the sights of the same kind in other countries as far as finances and ability allow .

2 . Medical tourism

Tourist activity is mostly done by those who have health like traveling from one place to another either because the doctor's advice as well as habit after feeling tired and bored of the work is monotonous .

3 . Sports tourism

Tourist activity is mostly done by those who are involved either directly or indirectly in various types of sports activities such as mountain climbing , shooting , hunting , fishing , riding a car / motorcycle , boarded the plane / helicopter , highlands winter sports in the Alps , and the regatta water skiing in the North Sea , etc.

4 . Tourism Trade and Politics





The participants consisted of various trade and political figures or regions / countries that went with the purpose of gaining political advantage and trade .

5 . tourism Sciences

The participants held meetings or research in various fields of science and knowledge to the regional, national , as well as to the international level.

6 . Social tourism

Aims to help those who want to travel but perhaps not in terms of finances and often gets help from government agencies / tourism either directly or indirectly .

Yotti further divided into seven types according to the tourism object , namely : Cultural Tourism, Recuperation Tourism , Commercial Tourism , Sports Tourism , Political Tourism , Social Tourism , and Tourism Religion while by means tourism is divided into 5 groups: Recreational Tourism, Cultural Tourism , Health Tourism , Sports Tourism , and Tourism Conference .

While understanding of sports tourism by Robinson & Gamon (2004) A sports Tourism Frame work is detailed and not only illustrates a tentative sports tourism Typology (

based upon competitiveness , recreation , activity and passivity) but also a method which Organization can utilize , in order to identify current and future sports tourism development.

In the opinion of J. Spillane (1982:30) divides into two, namely sports tourism :

1. Big Sports Events

Implementation is the event / major sports events such as Olympic Games , World Cup Football , World Championship Boxing , Basketball World Championships etc.

2. Sports Tourism of the Practices

Is the implementation of sports tourism for those who want to do their own with the aim of pleasure and pastime such as : mountain climbing, hunting , rafting , etc. mountainering

Based on the definition above shows that the Sports Tourism in goes to a journey of people who aim to see or watch a sporting event in a place or country in sports activities themselves.

2 . Government policies

The government has issued a policy on sports industry as follows :

1. Sportswear creative product development and various sports equipment educational , recreational sports , and sports achievements of national and international standards .
2. Develop various sports championship events in the category olympic games ,





various championship competitions , and festivals including recreational sports community sports and traditional sports , extreme sports , including adventure sports , which is integrated with arts degrees , traditional culture, contemporary arts , natural resources , and promotion of tourism .

3 . Sports development consultancy , growing health club fitness club , growing information and communication media sports , spurring promotional, and marketing in the sports industry at home and abroad .

4 . Increased capacity and capability of the sports industry sports industry from an economic perspective , the development of sports industry geared to accelerate the reduction of unemployment , employment opportunities and business opportunities for young entrepreneurs in rural and urban areas.

3 . Potential Sports Tourism in Indonesia

a. Legal Basis

Legal basis implementation Sports tourism in Indonesia is clear that based on the law No. 3 of 2005 on the national sports system . Stipulated in article 18 of the sports industry , sports tourism as a part of the sports industry . Second Act No. 17 of 2007 concerning the long-term development plan mentioned in the sports industry development plan as follows :

1. Improve the quality of human resources

2. Improve the governance of the sports industry

3. Improve product quality standard sports industry , sports event in accordance with national and international quality standards

4. Expanding distribution center industry gym equipment capable of producing creative products of national and international standards.

5. Increase the intensity and quality of sportsing events rekreasi, olahraga tourism, nautical sports , though the open, world-class extreme sports.

6. Enhance the role and contribution of organizations , institutions , sports clubs in organizing sports events and sports equipment use the national product .

b . Marvelous Natural Potential

Indonesia is a country with diverse natural resources . Has the most islands in the world , amounting to approximately 13,000 pieces . Has the longest coastline in the world . Number of good mountain that is still active and that has been inactive spread from Sumatra to Papua . Many rivers , each river has its own characteristics .

Wealth of the most beautiful sea in the world is in some places in Indonesia such as Bunaken , Raja Ampat , Karimunjawa etc , a very famous beach in the world such as Kuta Beach





, Sanur Beach , Beach Lombok etc also add to the many natural tourist destination in Indonesia that should be preserved and developed .

c. Cultural Property.

Indonesia consists of various ethnic groups , religions and customs is a tourist attraction . Potential to be very large since each tribe has different habits and different cultures. There are many historical relics which is a very rare relics , and a world heritage. Such as Borobudur, Prambanan, Mendut etc. Tourist places like this is where the potential to develop sports tourism. Tourist attraction can be used as a special attraction .

d. Number of People Very Much

Indonesia's population now consists of approximately two hundred and sixty souls also. This number is the fourth most populous in the world. Of this amount approximately sixty-five percent of a potential work force.

The population of the lot is the basic capital in the development of sports tourism in Indonesia. If it can be managed with either a major supporter of moving the sports tourism in Indonesia

f. Cultural property

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habits and different cultures. There are many historical relics which is a very rare relics, and a world heritage. Such as Borobudur, Prambanan, Mendut etc.. Tourist places like this is where the potential to develop sports tourism. Tourist attraction can be used as a special attraction.

4. Existing Constraints

a. Lack of Promotion of Tourist Attractions in Indonesia.

Sports tourism in Indonesia is hampered by the lack of information and promotion of tourist destination spot. Lack of promotion of tourist attractions on the development of sports tourism impact. Promotion sustainable a shared task between tourism and creative economy ministry with youth and sports ministry.

Promotion has been done in the conventional way and just evolved from mouth to mouth. Many tourist attractions that have the potential to be developed into a place for tourism and sports industry, but has not been handled well.

Promotion in destination countries have done intensively through various ways either through formal channels, as well as non-formal channels. Campaign spending our government is still inferior to Malaysia and Singapore in





introducing the tourist attractions to the world.

b. **Lack of Accessibility of Tourist Destinations.**

The lack of access to the site inhibits desire that parties will follow and organized the event. Access is the key to the development of tourist attractions that will develop later. Lack of infrastructure to destinations where tourist will also hinder the development of tourist attractions. Damage to roads and bridges are also an obstacle that must be overcome by relevant ministries. The lack of infrastructure is also recognized by the Ministry of tourism and creative economy.

c. **Lack of Qualified Human Resources.**

Quality of human resources is still not in Indonesia. Though human resources plays an important role in the development of sports Tourism. Low human resources makes our competitiveness is low compared to other countries. Low competitiveness will also hinder the development of sports tourism in Indonesia.

5. **Sports Tourism Development Opportunities In Indonesia**

a. **Globalization**

In the era of globalization would narrow the distance between that must be taken including the distance between countries. Asean unification

became a separate force for countries other destinations. The era of globalization will accelerate progress tourist destination spot. The more advanced the more tourist attractions promote the progress of sports tourism in Indonesia.

b. **Indonesia's Strategic Position.**

Indonesia's position is at a crossroads between two continents and two oceans also be challenges in developing sports tourism in Indonesia. This position makes the population of two continents to visit Indonesia as one of the world's tourist destination negara.

How to utilize the geographical position of Indonesia as a tourist destination and sports tourism is a challenge that must be answered by all stakeholders of tourism and sports. Failure utilization of this strategic position will only make Indonesia as consumers tourism and sports tourism.

c. **Security Assurance.**

Security assurance requirements of the security forces being done sports tourism. Security conditions conducive to invite tourists and tourism sports participants. To be able to fast-forward the government and the public must be able to ensure the security and order of execution of an event.

To ensure safety is not easy, given the vast territory, diverse ethnic





and religious belief potential also invite instability. Stability needs to be improved in order to compete with other countries.

d. Mastery of Science and Technology

Mastery of science and technology to be the basis of the development of sports tourism in Indonesia. In the modern era, the development of science and technology that have become human needs. Modern man can not be more than the invention of technology and information.

The more advanced the need for science and technology is increasingly urgent to be improved. Marketing, implementation and evaluation of the event takes the latest technology. Many tourists are on vacation and do sports but does not leave his business. It means that the infrastructure and personnel needed for a reliable provider operate it.

e. Improved Infrastructure and Sports tourism attractions

Good infrastructure will spur the development of tourism and sports tourism in a region. Instead the lack of infrastructure development of the two major obstacles to the above. Therefore, the development of infrastructure should be a priority that will develop tourism and tourism spots in Indonesia. It takes considerable funds to develop infrastructure. But

this development can be used as an investment and medium term and long term.

D. CONCLUSION.

Direct the development of sports tourism can also develop other tourism such as nature tourism and location is along the lines held sporting, cultural tourism can be performed either on-site or surrounding, and other tourism. Direct the development of sports tourism can provide great benefits to the government and society.

1. Indonesia has a great potential in natural resources, customs, culture and population are very much
2. Indonesia tourism and sports development is constrained by the lack of promotion, the low quality of human resources, the difficulty of accessibility and existing infrastructure.
3. The challenges of developing sports tourism in Indonesia is the era of globalization, geographical position, security, mastery of science and technology and infrastructure improvements.
4. If successful sports tourism will be developed to promote a tourism destination and improve people's lives around.





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