# Table of Contents

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PHYTOESTROGENS AS PROMOTERS AND PROTECTORS OF BREAST CANCER</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>PROTEIN gZP3 SEBAGAI KANDIDAT BAHAN IMUNOKONTRASEPSI DIKENALI OLEH SERUM WANITA FERTIL DENGAN ANALISIS ELISA DAN DOT BLOT</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>AKSI BIOLOGI RESEPTOR ESTROGENα</td>
<td>-</td>
</tr>
<tr>
<td>4</td>
<td>PENGARUH DOSIS LATIHAN FISIK AEROBIK TERHADAP PENURUNAN INDEKS MASSA TUBUH, ASAM LEMAK BEBAS DARAH DAN KADAR LEPTIN DARAH PADA MAHASISWI UNIVERSITAS NEGERI SEMARANG</td>
<td>-</td>
</tr>
<tr>
<td>5</td>
<td>PENGARUH KEKUATAN LENGAN, KETEBALAN LEMAK, DAN BODY MASS INDEX TERHADAP PRESTASI RENANG GAYA CRAWL 50 METER</td>
<td>-</td>
</tr>
<tr>
<td>6</td>
<td>THE METABOLIC EFFECT OF PROGESTERONE: MAGNIFICENT PHENOMENON IN GLUCOSE METABOLISM AND INSULIN REGULATION DURING PREGNANCY</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>PEROXISOME PROLIFERATOR-ACTIVATED RECEPTOR (PPAR)</td>
<td>111 - 119</td>
</tr>
</tbody>
</table>
PENGARUH KEKUATAN LENGAN, KETEBALAN LEMAK, DAN BODY MASS INDEX TERHADAP PRESTASI RENANG GAYA CRAWL 50 METER

1. Subagyo - -->

Abstract

The aim of this research is to know the effect of pulingl and pushing strength power, skinfold, and body mass index for 50 m crawl style swimming. The result of this research is hoped can help to know the factors that influence prestation of crawl style swimming. This research is using survey method. Population off this research is athlete that join in Tirta Alvita Swimming Club under provision PRSI DI Yogyakarta. Total off population is eight people and all people is used to be sample so that it is called Total Sample. Instrumen that is used are 1) pull and push strength dynamometer to measure the strength off pulling and pushing for arm, 2) skinfold thickness to measure the thick off fat, 3) calculation off body mass index or body weight ideal by measuring body height and body weight, and 4) prestation off crawl style swimming that is taken from the last championship that was held on Tirta Kembar Swimming Pool in Purwokerto on August 28, 2006. The result off research showed us these things: 1) There is no significant influence between strength off pulling and pushing and prestation off crawl style swimming 50 m, it is shown by determinant koefisien (R) for about 0,165; 2) there is no significant influence between fat thickness and and prestaton off crawl style swimming 50m, with determinant koefisien (R) for about 0,085; 3) there is significant point between body mass index with prestation off crawl style swimming 50 m, with determinant koefisien (R) for about 0,008.

Keyword : swim, pull, and, push, strength, fat, thickness, body, mass, index,

Daftar Pustaka :