

DAFTAR LAMPIRAN

Lampiran	Halaman
1. Data <i>Pre-Test</i> hasil <i>Bleep-Test</i>	43
2. Data <i>Post-Test</i> hasil <i>Bleep-Test</i>	44
3. Prosedur Perhitungan Rata-rata, Varians, dan Standar Deviasi	45
4. Pengujian Perhitungan Uji Normalitas Data	46
5. Prosedur Pengujian Hipotesis	48
6. Program Latihan.....	50
7. Norma Kriteria Penilaian VO_2max Atlet	61

