ABSTRAK

SANTI RAMADHANI. Pengembangan Buku Panduan Renang Gaya Kupu-kupu Atlet Kelompok Umur III. Tesis. Medan. Program Pascasarjana Universitas Negeri Medan Januari 2021 .

Penelitian ini bertujuan untuk mengetahui kelayakan pengembangan buku panduan renang gaya kupu-kupu atlet kelompok umur III. Penelitian ini menggunakan metode penelitian pengembangan (R&D). Subjek penelitian iniyaitu ahli yang menilai kelayakan dari produk buku panduan latihan renang gaya kupu-kupu untuk atlet kelompok umur III diantaranya ahli olahraga renang, pelatih renang, ahli media dan subjek pengguna. Hasil penelitian yaitu uji kelayakan oleh pakar atau ahli olahraga renang diperoleh skor 87 dengan persentase 87%. Hasil uji kelayakan oleh pelatih renang diperoleh skor 65 dengan persentase 86,66%. Hasil uji kelayakan media pengembangan buku panduan renang gaya kupu-kupu atlet kelompok umur III diperoleh skor 119 dengan persentase 88,14%.Hasil uji kelayakan subjek pengguna pada pengembangan buku panduan renang gaya kupu-kupu atlet kelompok umur III diperoleh 484 dengan persentase 92,18%. Kesimpulan penelitian ini yaitu kelayakan buku panduan renang gaya kupu-kupu atlet kelompok umur III oleh ahli olahraga dikategorikan “sangat baik”layak dan dapat digunakan. Kelayakan buku panduan renang gaya kupu-kupu atlet kelompok umur III oleh pelatih renang dikategorikan “sangat baik”layak dan dapat digunakan. Kelayakan buku panduan renang gaya kupu-kupu atlet kelompok umur III oleh ahli media dikategorikan “sangat baik”layak dan dapat digunakan. Kelayakan buku panduan renang gaya kupu-kupu atlet kelompok umur III oleh subjek penggunadikategorikan “sangat baik”layak dan dapat digunakan

Kata Kunci :, Buku Panduan,Olahraga Renang, Gaya Kupu-Kupu

ABSTRACT

SANTI RAMADHANI. Development of a Butterfly Style Swimming Exercise Training Handbook for age group III Athletes. Thesis. Medan. Graduate Program. Universitas Negeri Medan January 2021.

This study aims to determine the feasibility of developing a butterfly swimming guide book for age group III athletes. This research uses research and development (R&D) methods.. The subjects of this study are experts who assess the feasibility of the butterfly style swimming exercise manual for athletes of the age group III including swimming sports experts, swimming coaches, media experts and user subjects. The results of the study, namely the feasibility test by an expert or swimming sports expert, obtained a score of 87 with a percentage of 87%. The results of the feasibility test by the swimming coach obtained a score of 65 with a percentage of 86.66%. The results of the feasibility test of the development media for the butterfly style swimming guide book for age group III athletes obtained a score of 119 with a percentage of 88.14%.The results of the feasibility test of the user subject in the development of the butterfly swimming guide book for age group III athletes obtained 484 with a percentage of 92.18%.The conclusion of this study is the appropriateness of the butterfly swimmingguide book for age group III athletes categorized as "very good" and can be used. The eligibility of the butterfly swimming manual for age group III athletes is categorized as "very good" and can be used. The eligibility of the butterfly swimming guide book for age group III athletes is categorized as "very good" and can be used. The eligibility of the swimming manual for age group III athletes is categorized as "very good" and can be used.

Kata Kunci :Guidebook, Swimming, Butterfly Style