



Journal of Physical Education and Sports

Volume 9. Number 2. August 2020

Description

Journal of Physical Education and Sports is administered by Study Program Sport Education Postgraduate Universitas Negeri Semarang (UNNES)

[p-ISSN 2252-648X](http://p-issn.unnes.ac.id)

[e-ISSN 2502-4477](http://e-issn.unnes.ac.id)

Managing Directors

Achmad Slamet
Wahyu Hardyanto
Tri Joko Raharjo

Editor in Chief

Sulaiman

Board of Editors

Tommy Soenyoto
Rumini
Siti Baitul Mukarromah
Donny Wira Yudha Kusuma
Mochamad Rizqi Adhi Pratama

Layout

Bayu Widiyatmoko

Administrator

Anik Aslikhah

Publisher

Study Program Sport Education
Postgraduate
Universitas Negeri Semarang (UNNES)

Publisher Address

Campus UNNES Kelud Utara III
Semarang, Jawa Tengah, 50237

E-Journal

<http://journal.unnes.ac.id/sju/index.php/jpes>

DOI

<https://doi.org/10.15294/jpes.v9i2>

Table of Contents

- 94-99 **Evaluation of Lesson Plan and Learning Implementation in Physical, Sports and Health Education Using the Curriculum 2013 in Junior High Schools in Kediri, East Java**
Veni Imawati, Rumini & Sulaiman
- 100-104 **The Effect of Plyometric Training Method and Leg Flexibility toward Side Kick Speed on Male Fighter of Terlat Sakti Club Bengkulu**
Fitrotul Syahri, Sulaiman & Soegiyanto
- 105-111 **The Effect of Exercises and Gender on Cardiorespiratory Endurance in the Elderly**
Arif Prabowo, Sulaiman & Tommy Soenyoto
- 112-116 **The Substitution of Physical Education with Sekolah Alam Student Scout Learning Activities as the Means of Strengthening Education based Character Building in Natural Elementary School Ar-Ridho Semarang**
Hijrah Maulidiah Afifah, Sulaiman & Donny Wira Yudha Kusuma
- 117-121 **The Motivation for Physical Activity at Night (A Case Study on Semarang Runners Community)**
Aga Eppino Saleh, Tandiyu Rahayu & Soekardi
- 122-130 **Android Application Schema Model Development in PJOK Curriculum 2013 for Class XI Students in SMA/SMK/MA**
Alfian Priyatama, Setya Rahayu & Tommy Soenyoto
- 131-137 **Effects of Shots Under The Basket Shoot and Eye-Hand Coordination on Shot Results in Basketball Extracurricular Students at MAN 1 Semarang**
Kukuh Ciphana Hendra Kusuma, Nasuka & Fajar Awang Irawan
- 138-144 **The Effect of Plyometric Exercise and Arm Muscle Strength on Smash Ability of Pervoba Volleyball Athletes**
Yanse Betna Arte, Agung Wahyudi & Nasuka
- 145-151 **Students' and Teachers' Perception, and Parents' Role in the Implementation of High School Physical, Sports, and Health Education Subject in East Kutai**
Tri Agustin Wulandari Rizki SP, Heny Setyawati & Rumini
- 152-156 **Sello Aerobic Gymnastics Model**
Selly Ovalia, Bambang Priyono, Sulaiman & Surya Adi Saputra
- 157-162 **Evaluation of Futsal Training Program in North Sumatera**
Ahmad Zhafri Akmal, Sulaiman & Mugiyo Hartono
- 163-168 **Developing Android-based Application of Handball Match Statistics for the Coaches in East Kalimantan**
Achmad Maulana, Harry Pramono & Soegiyanto
- 169-174 **Effects of Leg Muscle Power Exercise and Leg Length on Power Leg Muscle and 50-meter Breaststroke Swimming Speed**
Adri Jukhairsyah, Soegiyanto & Harry Pramono
- 175-179 **Evaluation of Performance Program in Tirta Wahana Swimming Club, Grobogan Regency**
Gesit Pradina Ikrar Prastuti Pertiwi, Tri Rustiadi & Bambang Priyono
- 180-185 **The Effect of Ballhandling and Agility Training on Extracurricular Women's Basketball Dribble at Public Vocational High School 1 Kedawung**
Arif Pratomo, Harry Pramono & Tommy Soenyoto

