

Articles:

Exploring The Role of Nature of Sports in Lifestyle and Sports Engagement of Student-Athletes

**Cleven Garban, Lhidie Joy Reillo,
Jet Clayton Longakit.....** Page: 52-60

The Technical Report: What is Continuum Zone Repetition on Popular Resistance Training Periodization

Yeliz Kahraman..... Page: 61-68

The Effectiveness of Shuttle-Run and Zigzag Run Training on the Agility of Football Players

**Alimuddin Alimuddin, Yudiramawan Yudiramawan,
Anton Komaini, Andri Gemaini, Fahmil Haris.....** Page: 69-75

The Effect of Jump Rope Training Program on Increase Dynamic Balance in Deaf Children SLB-B

Yayasan Pendidikan Tunas Bangsa (YPTB) Malang City

Salva Almayda Putri, Slamet Raharjo, Olivia Andiana..... Page: 76-80

The Effect of Jump Rope Training Program on the Agility in Deaf Children SLB-B Yayasan Pendidikan

Tunas Bangsa (YPTB) Malang City

David Rinekso Pribadi, Slamet Raharjo, Olivia Andiana..... Page: 81-86

Anxiety Level of DKI Jakarta Women's Rugby Athletes Towards the National Sports Week 2024

**Shalza Putrianingsih, Sudradjat Wiradihardja,
Heni Widyaningsih.....** Page: 87-93

The Correlation of Muscle Mass and Fat with Leg Power of 16 Senior Highschool Basketball Athlete

**Mohamad Farhan Helmi, Yasep Setiakarnawijaya,
Kuswahyudi Kuswahyudi.....** Page: 94-98

Functional Movement Screen at DKI Jakarta POPB Athletics in 2023

**Ermyka Elma Elma Ramadani, Yasep Setiakarnawijaya,
Kuswahyudi Kuswahyudi.....** Page: 99-104