

**Lampiran 1****SURAT PERSETUJUAN**

Yang bertandatangan di bawah ini,

Nama lengkap :

Tanggal lahir :

NRP :

Alamat :

Menyatakan bersedia dan tidak berkeberatan menjadi naracoba dalam penelitian yang dilakukan oleh Tria Putri Hapsari, NRP : 0510167, yang bertempat di Universitas Kristen Maranatha.

Surat persetujuan ini saya buat dengan kesadaran saya sendiri tanpa tekanan ataupun paksaan darimanapun.

Bandung.....2010

( ..... )

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## Lampiran 2

### Penghitungan Statistik

#### Bruce - YMCA

##### Correlations

|                     |       | BRUCE | YMCAS |
|---------------------|-------|-------|-------|
| Pearson Correlation | BRUCE | 1.000 | -.442 |
|                     | YMCAS | -.442 | 1.000 |
| Sig. (1-tailed)     | BRUCE | .     | .002  |
|                     | YMCAS | .002  | .     |
| N                   | BRUCE | 40    | 40    |
|                     | YMCAS | 40    | 40    |

##### Model Summary

| Model | R       | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics |          |     |     |               |
|-------|---------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
|       |         |          |                   |                            | R Square Change   | F Change | df1 | df2 | Sig. F Change |
| 1     | .442(a) | .196     | .175              | 7.73753                    | .196              | 9.249    | 1   | 38  | .004          |

a Predictors: (Constant), YMCAS

##### ANOVA(b)

| Model |            | Sum of Squares | df | Mean Square | F     | Sig.    |
|-------|------------|----------------|----|-------------|-------|---------|
| 1     | Regression | 553.747        | 1  | 553.747     | 9.249 | .004(a) |
|       | Residual   | 2275.037       | 38 | 59.869      |       |         |
|       | Total      | 2828.785       | 39 |             |       |         |

a Predictors: (Constant), YMCAS

b Dependent Variable: BRUCE

**Coefficients(a)**

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t      | Sig. |
|-------|------------|-----------------------------|------------|---------------------------|--------|------|
|       |            | B                           | Std. Error | Beta                      |        |      |
| 1     | (Constant) | 98.200                      | 14.282     |                           | 6.876  | .000 |
|       | YMCAS      | -.433                       | .142       | -.442                     | -3.041 | .004 |

a. Dependent Variable: BRUCE

### Lampiran 3

### **Bruce Treadmill Test**

Nama :

Tgl Lahir :

Sex : L / P

BB :

TB :

Panjang Tungkai dari Trochanter Major – Lantai : cm

Panjang Cruris dari Caput Fibulae Lateral – Lantai: cm

Tgl Pemeriksaan:

HR Istirahat: bpm

HR METs

$VO_2 \text{ max} = \text{METs} \times 3.5 \text{ ml/kgBB/menit}$

$VO_2 \text{ max} = \quad \times 3.5 = \quad \text{ml/kgBB/menit}$

**Lampiran 4****Formulir Step YMCA**

Nama :

Tgl Lahir :

Sex : L / P

BB : kg

TB : cm

Panjang Tungkai dari Trochanter Major – Lantai : cm

Panjang Cruris dari Caput Fibulae Lateral – Lantai: cm

HR Istirahat : bpm

Tgl :

HR 60'' = bpm

Fitness =

## Lampiran 5

## TABEL YMCA

**Table 4.7 YMCA 3-Minute Step Test**  
**Post Exercise 1-Minute Heart Rate (beats/min)**

| <i>Age (yrs.)</i><br><i>Gender</i> | <i>18-25</i><br><i>M</i> | <i>F</i> | <i>26-35</i><br><i>M</i> | <i>F</i> | <i>36-45</i><br><i>M</i>   | <i>F</i> |
|------------------------------------|--------------------------|----------|--------------------------|----------|----------------------------|----------|
| Excellent                          | 70-78                    | 72-83    | 73-79                    | 72-86    | 72-81                      | 74-87    |
| Good                               | 82-88                    | 88-97    | 83-88                    | 91-97    | 86-94                      | 93-101   |
| Above Average                      | 91-97                    | 100-106  | 91-97                    | 103-110  | 98-102                     | 104-109  |
| Average                            | 101-104                  | 110-116  | 101-106                  | 112-118  | 105-111                    | 111-117  |
| Below Average                      | 107-114                  | 118-124  | 109-116                  | 121-127  | 113-118                    | 120-127  |
| Poor                               | 118-126                  | 128-137  | 119-126                  | 129-135  | 120-128                    | 130-138  |
| Very Poor                          | 131-164                  | 142-155  | 130-164                  | 141-154  | 132-168                    | 143-152  |
| <i>Age (yrs.)</i><br><i>Gender</i> | <i>46-55</i><br><i>M</i> | <i>F</i> | <i>56-65</i><br><i>M</i> | <i>F</i> | <i>over 65</i><br><i>M</i> | <i>F</i> |
| Excellent                          | 78-84                    | 76-93    | 72-82                    | 74-92    | 72-86                      | 73-86    |
| Good                               | 89-96                    | 96-102   | 89-97                    | 97-103   | 89-95                      | 93-100   |
| Above Average                      | 99-103                   | 106-113  | 98-101                   | 106-111  | 97-102                     | 104-114  |
| Average                            | 109-115                  | 117-120  | 105-111                  | 113-117  | 104-113                    | 117-121  |
| Below Average                      | 118-121                  | 121-126  | 113-118                  | 119-127  | 114-119                    | 123-127  |
| Poor                               | 124-130                  | 127-133  | 122-128                  | 129-136  | 122-128                    | 129-134  |
| Very Poor                          | 135-158                  | 138-152  | 131-150                  | 142-151  | 133-152                    | 135-151  |

*Note:* Pulse is to be counted for one full minute following 3 minutes of stepping at 24 steps cycles/min on a 12-inch bench.

*Source:* Adapted from YMCA. *Y'S Way to Fitness*, 3rd edition. Champaign, Illinois: Human Kinetics Publishers, Inc., 1989. Reprinted with permission from the YMCA of the USA. Copies of the book may be purchased from the YMCA Program Store, Box 5077, Champaign, IL 61820, (217) 351-5077.

## Lampiran 6

## Cardiorespiratory Fitness Classification \*

| WOMEN        |                                   |       |         |       |      |
|--------------|-----------------------------------|-------|---------|-------|------|
| Age<br>(yrs) | Maximal Oxygen Uptake (ml/kg/min) |       |         |       |      |
|              | Low                               | Fair  | Average | Good  | High |
| 20-29        | <24                               | 24-30 | 31-37   | 38-48 | 49+  |
| 30-39        | <20                               | 20-27 | 28-33   | 34-44 | 45+  |
| 40-49        | <17                               | 17-23 | 24-30   | 31-41 | 42+  |
| 50-59        | <15                               | 15-20 | 21-27   | 28-37 | 38+  |
| 60-69        | <13                               | 13-17 | 18-23   | 24-34 | 35+  |

  

| MEN          |                                   |       |         |       |      |
|--------------|-----------------------------------|-------|---------|-------|------|
| Age<br>(yrs) | Maximal Oxygen Uptake (ml/kg/min) |       |         |       |      |
|              | Low                               | Fair  | Average | Good  | High |
| 20-29        | <25                               | 25-33 | 34-42   | 43-52 | 53+  |
| 30-39        | <23                               | 23-30 | 31-38   | 39-48 | 49+  |
| 40-49        | <20                               | 20-26 | 27-35   | 36-44 | 45+  |
| 50-59        | <18                               | 18-24 | 25-33   | 34-42 | 43+  |
| 60-69        | <16                               | 16-22 | 23-30   | 31-40 | 41+  |

KOREKSI UMUR

|           |       |       |
|-----------|-------|-------|
| <15 tahun | ----- | 1.100 |
| 16 tahun  | ----- | 1.090 |
| 17 tahun  | ----- | 1.080 |
| 18 tahun  | ----- | 1.070 |
| 19 tahun  | ----- | 1.060 |
| 20 tahun  | ----- | 1.050 |
| 21 tahun  | ----- | 1.040 |
| 22 tahun  | ----- | 1.030 |
| 23 tahun  | ----- | 1.020 |
| 24 tahun  | ----- | 1.010 |
| 25 tahun  | ----- | 1.000 |

## Lampiran 7



Tes *treadmill* metode Bruce



Tes Bangku Metode YMCA

## DAFTAR RIWAYAT HIDUP

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3. 2005, Lulus SMA Bina Bakti Bandung.
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