

## HALAMAN DAFTAR ISI

HALAMAN JUDUL PENELITIAN .....	<b>Error! Bookmark not defined.</b>
HALAMAN PERSETUJUAN PEMBIMBING ....	<b>Error! Bookmark not defined.</b>
HALAMAN PENGESAHAN .....	<b>Error! Bookmark not defined.</b>
HALAMAN PERNYATAAN ORISINILITAS PENELITIAN	<b>Error! Bookmark not defined.</b>
HALAMAN PERSEMBAHAN .....	<b>Error! Bookmark not defined.</b>
ABSTRAK.....	<b>Error! Bookmark not defined.</b>
ABSTRACT.....	<b>Error! Bookmark not defined.</b>
HALAMAN KATA PENGANTAR.....	<b>Error! Bookmark not defined.</b>
HALAMAN DAFTAR ISI .....	1
HALAMAN DAFTAR TABEL .....	3
HALAMAN DAFTAR GAMBAR.....	4
HALAMAN DAFTAR LAMPIRAN .....	5
BAB I PENDAHULUAN.....	<b>Error! Bookmark not defined.</b>
A. LATAR BELAKANG MASALAH .....	<b>Error! Bookmark not defined.</b>
B. IDENTIFIKASI MASALAH .....	<b>Error! Bookmark not defined.</b>
C. BATASAN MASALAH.....	<b>Error! Bookmark not defined.</b>
D. RUMUSAN MASALAH.....	<b>Error! Bookmark not defined.</b>
E. TUJUAN PENELITIAN.....	<b>Error! Bookmark not defined.</b>
F. MANFAAT PENELITIAN .....	<b>Error! Bookmark not defined.</b>
G. DEFINISI OPERASIONAL .....	<b>Error! Bookmark not defined.</b>
BAB II KAJIAN PUSTAKA.....	<b>Error! Bookmark not defined.</b>

A. KAJIAN TEORI .....	<b>Error! Bookmark not defined.</b>
1. Hakikat Kebugaran Jasmani .....	<b>Error! Bookmark not defined.</b>
2. Karakteristik Siswa.....	<b>Error! Bookmark not defined.</b>
3. Profil Sekolah MTs An Najah Matanair Sumenep	<b>Error! Bookmark not defined.</b>
B. PENELITIAN RELEVAN.....	<b>Error! Bookmark not defined.</b>
C. KERANGKA BERFIKIR .....	<b>Error! Bookmark not defined.</b>
BAB III METODE PENELITIAN .....	<b>Error! Bookmark not defined.</b>
A. DESAIN PENELITIAN.....	<b>Error! Bookmark not defined.</b>
B. VARIABEL PENELITIAN .....	<b>Error! Bookmark not defined.</b>
C. POPULASI DAN SAMPEL .....	<b>Error! Bookmark not defined.</b>
D. INSTRUMEN PENELITIAN .....	<b>Error! Bookmark not defined.</b>
E. TEKNIK PENGUMPULAN DATA .....	<b>Error! Bookmark not defined.</b>
F. TEKNIK ANALISIS DATA .....	<b>Error! Bookmark not defined.</b>
BAB IV HASIL PENELITIAN DAN PEMBAHASAN	<b>Error! Bookmark not defined.</b>
A. HASIL PENELITIAN .....	<b>Error! Bookmark not defined.</b>
B. PEMBAHASAN .....	<b>Error! Bookmark not defined.</b>
BAB V KESIMPULAN DAN SARAN .....	<b>Error! Bookmark not defined.</b>
A. KESIMPULAN.....	<b>Error! Bookmark not defined.</b>
B. SARAN .....	<b>Error! Bookmark not defined.</b>
DAFTAR PUSTAKA .....	<b>Error! Bookmark not defined.</b>
DAFTAR LAMPIRAN.....	<b>Error! Bookmark not defined.</b>

## HALAMAN DAFTAR TABEL

Table 1 : Tabulasi Data TKJI.....**Error! Bookmark not defined.**

## HALAMAN DAFTAR GAMBAR

Gambar 4. 1 : Lari 50 Meter .....**Error! Bookmark not defined.**

Gambar 4. 2 : Gantung Angkat Tubuh.....**Error! Bookmark not defined.**

Gambar 4. 3 : Baring Duduk.....**Error! Bookmark not defined.**

Gambar 4. 4 : Loncat Tegak .....**Error! Bookmark not defined.**

Gambar 4. 5 : Lari 1000 Meter .....**Error! Bookmark not defined.**

Gambar 4. 6 : Tes Kesegaran Jasmani Indonesia ..**Error! Bookmark not defined.**

## HALAMAN DAFTAR LAMPIRAN

Lampiran 1. 1 : Data Mentah Keseluruhan Tes Kesegaran Jasmani Indonesia **Error! Bookmark not defined.**

Lampiran 1. 2 : Formulir Tes TKJI..... **Error! Bookmark not defined.**

Lampiran 1. 3 : Dokumentasi Pengambilan Data .. **Error! Bookmark not defined.**

Lampiran 1. 4 : Surat Izin Penelitian Dari LPPM STKIP PGRI Sumenep **Error! Bookmark not defined.**

