

ABSTRACTION

Relation Strength Of arm Muscle of flexibility And Mobility To Result Of Study Run Short-Haul At Student Class of Xi Ma Nurul Huda Dasuk School Year 2014-2015.

Yudi iswanto Hendri

Keyword : strength of arm muscle, mobility and flexibility to speed.

Pursuant to background of is problem of above hence writer progressively impel to conduct research with relation title strength of arm muscle, mobility and flexibility to result of study run short-haul [at] class student of xi school year Dasuk Huda Nurul MA 2014-2015.

In this research of writer use quantitative method that is method using research data in the form of analysis and numbers use and statistic of SPSS with approach use correlation that is research which only checking what there are. Population in this research is student of MA Nurul Huda Dasuk Sumenep by using sampel at class student of XI MA Nurul Huda Dasuk. Thereby Is Ha accepted and H0 refused. Become there is relation strength of arm muscle, mobility and flexibility to speed run. So also at correlation of product moment strength of arm muscle and mobility ably run 0,844 with degree of freedom that is $df=n-2$ with the meaning $df = 22$ with level of signifikasi 5%.