UNIVERSITAS NEGERI YOGYAKARTA

PROGRAM BOOK

The 1st Conference on Interdisciplinary Approach in Sports (CoIS 2018)
October 26-27, 2018

FACULTY OF SPORT SCIENCES
Preface

First of all allow us to extend our warmest greetings and welcome to you all to the 2nd Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2018). The conference is held in conjunction with The 1st Conference on Interdisciplinary Approach in Sports (CoIS) by Faculty of Sport Sciences Universitas Negeri Yogyakarta in Yogyakarta, Indonesia on October 26-27, 2018.

The community building and development require integrated aspects in physical education and sports. These issues should be solved by researchers, lecturers, students and even practitioners to share and present their current research. The purposes of the conference are to share and present the reflection and research results related to Physical Education, Health, and Sports Science. In another issue, interdisciplinary approach has been defined as cross disciplines with an in-depth knowledge in one aspect working together to solve problems. Interdisciplinary approach in sports is very important to gain optional result of performance. In line with the first goal of this conference, it seeks better understanding both in theoretical and practical situation in every expert’s aspects.

With the YISHPESS’s conference theme: “Community Building and Development through Physical Education and Sports” and CoIS’s theme: “Integrating Sports Science Intervention to Optimize Human Performance”, approximately 236 papers have been submitted at this conference but only 158 of these have been accepted for the presentation after a blind peer review process. We do hope that this conferences proceeding can enrich our understanding of the role of physical education, sports, and health in maintaining community building and development as well as become a meeting point for academics, sport practitioners and sports professional to share ideas and knowledge for improving performance in sports.

We would like to thank to all parties who helped running this program. Hopefully, all the time and efforts we have spent for these two conferences may be beneficial and impactful for the future.

Yogyakarta, October 20, 2018

Organizing Committee

Committee Report

Dear Excellences, Rector of Universitas Negeri Yogyakarta, invited speakers, distinguished guests, and ladies and gentlemen.

It is our pleasure to welcome you to the 2nd Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2018) and the 1st Conference on Interdisciplinary Approach in Sports (CoIS) held by Faculty of Sport Sciences, Universitas Negeri Yogyakarta. We would like to welcome all invited speakers from overseas who come from different countries to share their knowledge and ideas at this international conference.

We organize two conferences with the theme: “Community Building and Development through Physical Education and Sports” and “Integrating Sports Science Intervention to Optimize Human Performance”. These events reflect the role of sport science and physical education for developing human performance at this century.

Active participation from 11 invited speakers and 158 presenters reflect the important role of lecturers, students, researchers, and related background in sport and physical education. They will be organized into several panel and parallel sessions to facilitate main presentations and discussions. Moreover, all selected papers will be published in the international indexed proceeding.

We wish you enjoy these conferences and have a memorable time at Universitas Negeri Yogyakarta. Have a great day in Yogyakarta!

Organizing Committee
A Comparison Study of Running on Sand and Tartan Track to Increase Cardiovascular Endurance of Universitas Negeri Jakarta Students

Kuswahyudi, Ramdan Pelana

Abstract

The aim of this study is to determine the impact ratio between running on sand and running the tartan track to increase cardiovascular endurance in students of the Sport Science Program at the Universitas Negeri Jakarta. The research was conducted at the Gelanggang Olahraga Rawamangun and the sand volleyball court of the Universitas Negeri Jakarta from January 08 to February 12, 2018. The method used for this research is the experimental method with "Two Group Pre-test and Post-test Design." 20 individuals were selected as samples from the population of 100 people and the purposive sampling technique was applied. The data analysis technique used here is the t-test. Based on the results of the data analysis, H0 was rejected and H1 accepted, so, a conclusion can be drawn that there is a significant difference between running on sand and running on the tartan track. Exercise run on sand is more influential than exercise run on the tartan track based on improving cardiovascular endurance of the students of Ilmu Keolahragaan Study Program at the Universitas Negeri Jakarta.

Keywords: exercise, run, cardiovascular endurance