

ABSTRACT

SOPA NUR RAMDHANI. 2021. ***The Effect Of Exercise Using Fins On The Speed Of Freestyle Foot Swimming***. Departement of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Freestyle is the fastest style compared to the other three styles, but advanced swimmers experience delays in freestyle swimming besides that it lacks propulsion or foot lashing, so that in this case we need an assist device, namely fins. The purpose of this study was to determine the effect of exercise using fins on the speed of freestyle foot swimming. This study used quantitative research with experimental methods and research design uses a form of One-group pretest-posttest design, these studies are preliminary tests were then given treatments and carried out final tests to determine the study results. This research was conducted on advanced swimmer private Sabian Tasikmalaya with a population of 12 people. In this study, the total sampling technique was 12 people. The instrument used in this study was a freestyle foot swimming with a distance of 25 meters. Based on the results of research, data processing, data analysis, and hypothesis testing, the results obtained that there is a significant effect of exercise using fins on the speed of freestyle foot swimming in the advanced swimmers of Private Sabian Tasikmalaya.

Keywords: Fins Aid, Foot Speed, Swimming