

BAB 7

PENUTUP

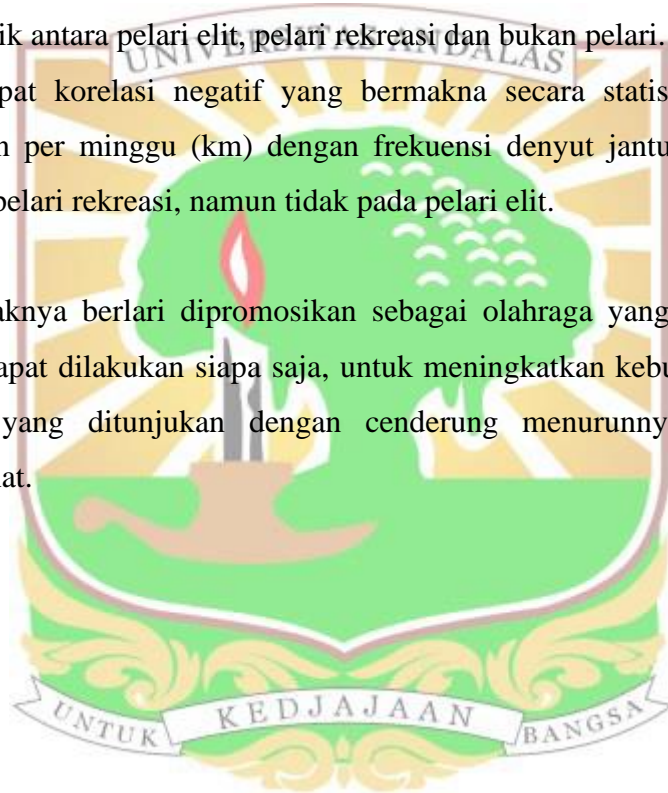
7.1. Kesimpulan

Berdasarkan hasil penelitian terhadap pelari elit, pelari rekreasi dan bukan pelari di kota Padang di dapatkan kesimpulan sebagai berikut:

1. Terdapat perbedaan frekuensi denyut jantung istirahat yang bermakna secara statistik antara pelari elit, pelari rekreasi dan bukan pelari.
2. Terdapat korelasi negatif yang bermakna secara statistik antara volume latihan per minggu (km) dengan frekuensi denyut jantung istirahat (dpm) pada pelari rekreasi, namun tidak pada pelari elit.

7.2. Saran

1. Hendaknya berlari dipromosikan sebagai olahraga yang mudah dilakukan dan dapat dilakukan siapa saja, untuk meningkatkan kebugaran jantung dan paru yang ditunjukkan dengan cenderung menurunnya denyut jantung istirahat.



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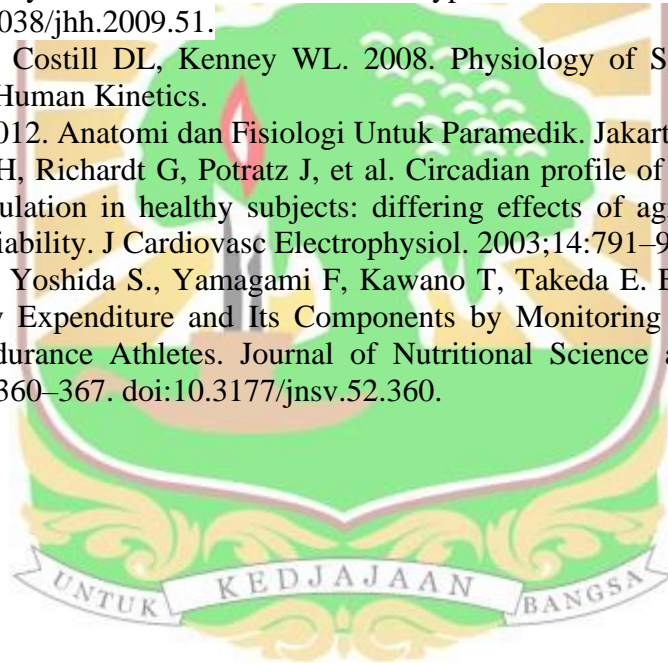
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