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LAMPIRAN

Lampiran 1 Lembar Persetujuan Responden

LEMBAR PERSETUJUAN RESPONDEN

(INFORMED CONSENT)

Saya yang bertanda tangan dibawah ini :

Nama responden : ZHILDJHIAH AL GIFARI

Umur : 21 TAHUN

No. HP : 0807 [redacted] 1

Memenuhi kriteria subjek (responden) sebagai berikut:

1. Berjenis kelamin pria
2. Bersedia melakukan seluruh rangkaian penelitian
3. Dalam kondisi fisik dan mental yang baik
4. Berusia antara 18 – 27 tahun
5. Memiliki BMI normal
6. Sering atau rutin berolahraga lari
7. Tidak memiliki gangguan pendengaran

Menyatakan bersedia menjadi subyek (responden) dalam penelitian dari :

Judul : Analisis Pengaruh Tempo Musik Terhadap Tingkat Kelelahan Fisiologis dan Performansi Fisik

Saya telah diberikan penjelasan mengenai hal-hal yang berhubungan dengan penelitian diatas dan saya telah diberikan kesempatan untuk bertanya mengenai hal-hal yang belum dimengerti dan telah mendapatkan jawaban dan pertanyaan yang sudah diberikan.

Berdasarkan lembar ini saya menyatakan secara sadar dan sukarela untuk ikut sebagai responden dalam penelitian ini serta bersedia menjawab semua pertanyaan dengan sadar dan sebenar-benarnya.

Makassar, 13 Juli 2023

Responden

ZHILDJHIAH AL G.

Lampiran 2 Lembar Pengamatan

Lembar Pengamatan

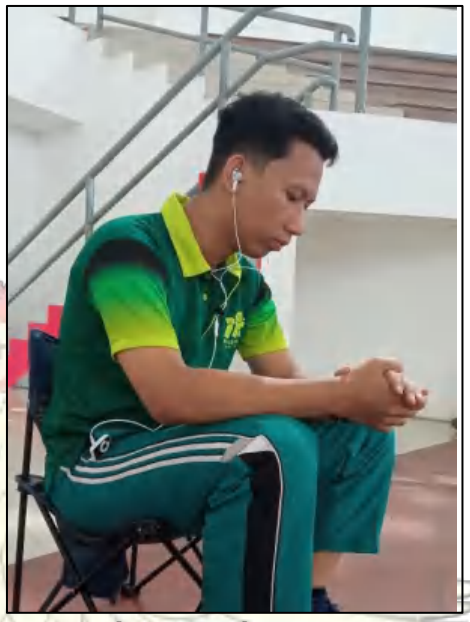
Nama : Zhafirhan Al Ghifari Tanggal : 13/4/23

Usia : 21 Stimulus : Tanpa Musik

Tinggi & BB : 172 cm/72 kg

Set	Waktu Lari (RAST) (Detik:Milidetik)	Kadar Asam Laktat (mMol/l)
1	6,84	Sebelum Lari
2	6,82	3,7
3	7,58	Setelah Lari
4	7,72	10,2
5	8,00	Setelah Pemulihan
6	8,39	12

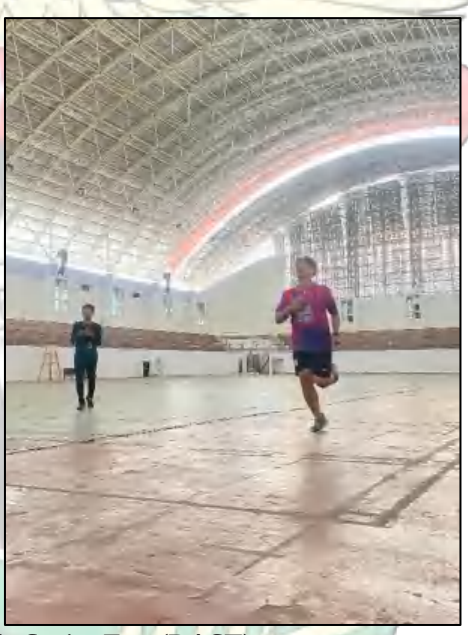
Lampiran 3 Dokumentasi

Pemasangan alat ukur denyut jantung dan Mp3 *Player*


Pemanasan


Pengukuran asam laktat

Running-Based Anaerobic Sprint Test (RAST)