



JURNAL **SEGAR**



Diterbitkan Oleh :



Intelligentia - Dignitas

**PROGRAM STUDI ILMU KEOLAHRAGAAN
FAKULTAS ILMU KEOLAHRAGAAN DAN KESEHATAN
UNIVERSITAS NEGERI JAKARTA**

JURNAL SEGAR

Abstracting and Indexing:



JURNAL SEGAR
Volume XIII Nomor 2, May 2025

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EDITORIAL FOREWORD

Jurnal SEGAR (Sehat dan Bugar) is the official research journal of the Sports Science Study Program, Faculty of Sports Science, State University of Jakarta. This journal provides a forum for high quality sports science research. SEGAR Journal is the aspiration of Lecturers of the Department of Sports Science in an effort to publish the best thesis for students of the Sports Science Study Program, but in its development this journal also facilitates articles from lecturers and researchers both from within the FIK UNJ campus and from outside. This journal is published twice a year, May and November. Each number in the journal contains 5 articles, and when switching to electronic it becomes 6 articles each numbered and 12 articles in one year.

Jurnal Segar Volume XIII Issue 2 contains 6 articles: 1) Increasing the Success of the Go No Sen Strategy in Kumite Athletes in Karate with Life Kinetik Exercises; 2) The Effect of Small-Side Game Training to Improve the Cohesiveness of Athletes in Futsal Activities at Suryakencana University Students; 3) Students' Interest in Swimming Lessons: A Survey in Rural and Urban Settings; 4) Implementation of Technology Pedagogy and Content Knowledge (TPACK) Based Learning in State Senior High School Sports Teachers in Jambi City; 5) The Combination of Massage and Proprioceptive Neuromuscular Facilitation to Improve Range of Motion After Ankle Injury in Football Athletes of Universitas Negeri Jakarta; 6) The Association Between Body Fat Percentage and Physical Activity and the Physical Fitness Level of Students at SMA IT Al-Madinah Cibinong

Hopefully, Jurnal SEGAR can be a reference for readers and researchers in developing Sports Science.

Jakarta, 30 May 2025
Editor-in-Chief,

Dr. Kuswahyudi, S.Or., M.Pd.

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