
Anthropometric Analysis, Physical Fitness Level, and Student Movement Learning Outcomes

Manuscript title; Maximum 14 words; Capitalize Each Word; Font 12 Times New Roman; Bold

Author Name¹, Author Name², Author Name³ [11 Times New Roman; Bold]

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Abstract: The Abstract must be able to describe the problem and purpose of the research, research methods, research results, and conclusions of the research results carefully and concisely. The abstract contains a minimum of 100 words and a maximum of 250 words. Written in one paragraph, using Times New Roman (TNF), font size 11, and single spacing.

Keywords: first word, second word, third word. Written in English. Please select a maximum of 3 words.

INTRODUCTION

Includes a description of the background, problems to be studied, and relevant research theories. Cite references or sources in the text by including the author's name and year of publication. For example, endurance is the ability to perform sports activities or activities for a long period without experiencing significant fatigue (Argasasmita, 2007). [font size 12, Times New Roman, justified, single spacing]

METHODS

Research methods encompass the research design, timing and location of research, the research population and sample, data collection techniques, and data analysis process. [font size 12, Times New Roman, justified, single spacing]

Writing Formulas

Writing formulas in articles:

$$a = b + c \quad (1)$$

Formulas are numbered sequentially in parentheses. The numbers are written on the right side for reference.

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RESULT

The results only present data from research that has been conducted or the results of data analysis. The results can be presented in the form of tables, images, and text, without discussion.

The table title is written above the table, and the table is presented without using vertical lines. (Look at this example below, **table 1**). [font size 12, Times New Roman, justified, single spacing]

Table 1. [Title of Table]	
Variable	Result (Kg)
Maximum	73,2
Low	34,8
Average	52,6

Figure title is written below (look at this example below, **figure 1**). [10-TNR, Capitalize Each Word]

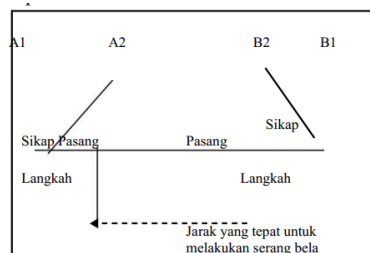


Figure 1. Rules of competition [Font size 10, Times New Roman, Capitalize Each Word]

DISCUSSION

Discussion is an important part of research. The discussion contains a description of the research results to answer the research problems. In addition, it contains various theories or previous relevant studies to strengthen the findings and critical reviews of the research results. The impact of research and research limitations are also presented in the discussion..

Additional Provisions

1. Margin:
 - a. Top 3cm;
 - b. Bottom 3 cm;
 - c. Right 3 cm;
 - d. Left 3 cm.
2. Spacing
 - a. Before 0pt
 - b. After 0pt

CONCLUSSION

The conclusion summarizes the answers to the research questions and the solutions to the research problems. It is usually written briefly in one paragraph and tends to be a qualitative statement.

REFERENCE

Writing references using the **American Psychological Association (APA)**. Use reference tools (**EndNote, Mendeley, or Zotero**) to write references.

Journal Reference:

Trisandi, D., Fitrianto, E. J., & Setiakarnawijaya, Y. (2016). Efek Kerja HIIT (High Intensity Interval Training) Treadmill selama 30 Menit terhadap Kehilangan Cairan Tubuh pada Member Pria MAG (Muscle Academy Gym). *Jurnal Segar*, 4 (2), 38-47. <https://doi.org/10.21009/segar.0402.01>

Book:

Anderson, M. K., Parr, G. P., & Hall, S. J. (2009). *Foundations of athletic training*. USA: Lippincott Williams & Wilkins.

Thesis/Dissertation:

Yuliana, E. (2020). Penilaian Kemampuan Fungsional Lutut dan Kesiapan Psikologis Pasca Cedera *Anterior Cruciate Ligament*. *Tesis*. Program Pascasarjana Universitas Negeri Yogyakarta.