

Volume 2, Nomor 1, Juni 2026

List of Contents

	Halaman
An Evaluation of the Quality Assurance System for Basic Education Standards in Light of National Education Standards and National Integration Dimas Prayanto Pratama, Muhammad Rafi Al Ghifari , Ahmad Zainuri, Frika Fatimah Zahra	1-4
The Effect Of Applying The Part And Whole Method On Improving Basic Underhand Volleyball Serving Techniques Among Extracurricular Students At SMP Negeri 3 Kota Bengkulu Novi Lestari	5-12
The Effect Of Box Jump Training On Improving The Explosive Power Of The Leg Muscles Of Volleyball Players At SMK Negeri 3 Seluma Neta Selfiani, Suwarni, Ajis Sumantri	13-16
The Effect Of Variation Training On The Underwear Passing Skills Of Extracurricular Volleyball Players At State Senior High School 2 Bengkulu City Rika Putriani, Megi Personi, Dolly Apriansyah	17-20
Physical Education Teachers' Perceptions Of The Implementation Of The Independent Curriculum In Junior High Schools Across Central Bengkulu Regency Febi Puspasari, Suwarni, Martiani	21-30
The Effect of Hanging Ball Media Training on the Overhead Serving Ability of Extracurricular Girls' Volleyball Players at SMP Negeri 36 Rejang Lebong Ade Kurniawan	31-34
The Contribution Of Flexibility To Badminton Smash Skills At SMP Negeri 6 Seluma Febriansyah Adi Putra, Citra Dewi, Dwingki Marta Putra	35-38
The Effect Of Push Up And Fins Training On 50 Meter Freestyle Swimming Speed At The Dholpin Swimming Club Oscar Diosi Sisata Putra	39-42



Efforts To Improve Learning Outcomes Of Upper Passing By Applying Audio Visual Media In Volleyball Learning For Class Vi Mis 05 Darussalam Kepahiang 43-50
Ego Anggara, Martiani, Ajis Sumantri

The Contribution Of Arm Strength Training To Javelin Throwing Skills In Male Students In Grade XI At MTS Pancasila, Bengkulu City 51-54
Syahrul Jaman, Dwingki Marta Putra, Asnawati
