

TINJAUAN ALAT UKUR

1. Handgrip Dynamometer

Tabel 1 Nilai kekuatan *dominant-non dominant hand*

Age	Male- Dominant Hand	Male-Non Dominant Hand	Female- Dominat Hand	Female- Non Dominat Hand
20	36 kg	35 kg	21,5 kg	18-19 kg
25	39 kg	36 kg	22 kg	20 kg
30	40,25 kg	36 kg	21 kg	19 kg
35	39 kg	35,5 kg	19,5 kg	18,75 kg
40	37,5 kg	34 kg	18, 5 kg	17,75 kg
45	35,75 kg	32,5 kg	17,5 kg	16,75 kg
50	33 kg	30, 25 kg	17,5 kg	16,5 kg

Sumber: Ying-Chih Wang (2018)

Tabel 2. Normative nilai *handgrip dynamometer*

Female (Age)	Needs Improvement	Fair	Good	Very Good	Excellent
15-19	<54	54-58	59-63	64-70	>70
20-29	<55	55-60	61-64	65-70	>70
30-39	<56	56-60	61-65	66-72	>72
40-49	<55	55-59	59-64	65-72	>72
50-59	<51	51-54	55-58	59-64	>64
60-69	<49	48-50	51-53	54-59	>59
Male (Age)	Needs Improvement	Poor	Fair	Good	Excellent
15-19	<84	84-94	95-102	103-112	>112
20-29	<97	97-105	106-112	113-123	>123
30-39	<97	97-104	105-112	113-122	>122
40-49	<94	94-101	102-109	110-119	>118
50-59	<87	87-95	96-101	102-109	>109
60-69	<79	79-85	88-92	93-101	>101

Sumber : Ying-Chih Wang (2018)

2. CET SCORE

Tabel 2.4 *CET score*

Female	Very Poor	Poor	Average	Above Avg	Good	Excellent
(Age)						
<25	>14	15-16	17-19	20-21	22	<23
26-35	>13	14-17	18-19	20	21-22	<23
36-45	>12	13-16	17	18-19	20-21	<22
46-55	>10	11-14	15-16	17-18	19-20	<21
56-65	>9	10-14	15	16-17	18-19	<20
>66	>9	10-14	15-16	17	18-19	<20
Male	Very Poor	Poor	Average	Above Avg	Good	Excellent
(Age)						
<25	>11	12-13	14-17	16-19	20-21	<22
26-35	>9	10-12	13-16	17	18-19	<20
36-45	>7	8-11	12-15	16-17	18-19	<20
46-55	>6	7-9	10-13	14-15	16-18	<19
56-65	>5	6-8	9-11	13	14-16	<17
>66	>4	5-7	9--11	12-13	14-16	<17

Sumber: <https://kinesiologists.ca>

3. SKOR PANAHAH

