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Sport and Health The 8th International Conference of Sport Science Health and Recreation (ICoSHR), Universitas Negeri Padang Faculty of Sport Science. Activities help participants learn from Keynote Speakers and Presenters. All sports are slowly returning in 2024, with health and safety procedures in place. Get involved in Sport and Health at Universitas Negeri Padang's Faculty of Sport Science. Eighth International Sport Science Health and Recreation Conference. Hopefully, Sport and Health The 8th International Conference of Sport Science Health and Recreation (ICoSHR), held by the Faculty of Sport Science, Universitas Negeri Padang, can benefit all attendees. The Faculty of Sport Science, Universitas Negeri Padang, will yearly host the International Conference of Sport Science Health and Recreation (ICoSHR).

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PREFACE

The purpose of holding the Sport and Health The 8th International Conference of Sport Science Health and Recreation (ICoSHR), Universitas Negeri Padang Faculty of Sport Science. Activities help participants learn from Keynote Speakers and Presenters. All sports are slowly returning in 2024, with health and safety procedures in place. Get involved in Sport and Health at Universitas Negeri Padang's Faculty of Sport Science. Eighth International Sport Science Health and Recreation Conference. Hopefully, Sport and Health The 8th International Conference of Sport Science Health and Recreation (ICoSHR), held by the Faculty of Sport Science, Universitas Negeri Padang, can benefit all attendees. The Faculty of Sport Science, Universitas Negeri Padang, will yearly host the International Conference of Sport Science Health and Recreation (ICoSHR). Jurnal SPORTIF: Jurnal Penelitian Pembelajaran has been accredited by **SINTA 2** by **the Ministry of Research, Technology, and Higher Education of the Republic of Indonesia** as an achievement of peer-reviewed journals that have outstanding quality in management and publication. This recognition is published in Director Decree No. 72/E/KPT/2024, dated April 1, 2024 which is valid until 2027.

We would like to express our appreciation and gratitude to the writers and reviewers. This edition comes with an index that loads after the preface page to help readers find the page. Hopefully JURNAL SPORTIF: Jurnal Penelitian Pembelajaran can be useful and able to improve the quality of research results for lecturers, teachers, researchers, students, and practitioners.

Kediri, 22 January 2025

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M. Akbar Husein Allsabah M.Or.

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