

# Kesehatan, Olahraga, dan Kinerja

STABILITAS: Jurnal Pendidikan Jasmani dan Olahraga. mpj. KINERJA GURU PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN DALAM PELAKSANAAN PEMBELAJARAN DI SMA NEGERI KECAMATAN KANDANGAN.

Adapun penelitian ini bertujuan untuk mendapatkan hasil Kinerja Guru PJOK Dalam Pelaksanaan mengajar Di SMA, Negeri Kecamatan Kandangan. Penelitian deskriptif kuantitatif dalam penelitian ini yaitu mengumpulkan data berformat penilaian kinerja guru. Penelitian ini menggunakan populasi Guru PJOK di SMA Negeri yang berada di Kecamatan Kandangan. Keseluruhan populasi dipakai sebagai objek agar penelitian ini menggunakan teknik total sampling. Dari hasil penelitian, kinerja guru saat pelaksanaan masuk kategori "Baik" dengan tiga sampel atau 77%, 77%, dan 77%. Selain itu, tingkat kinerja Guru PJOK di SMA Negeri pada Kecamatan kandangan yang berkategori "Sangat baik" dengan dua sampel atau 81% dan 82%.

. Pengaruh Gaya Kepemimpinan dalam memoderasi hubungan Disiplin dan Kepuasan Kerja terhadap Kinerja Karyawan Unit Pelaksana Teknis Daerah (UPTD) Balai Kesehatan dan Olahraga Masyarakat dan Pelatihan Kesehatan (BKOM DAN PELKES) Provinsi Sumatera Barat.

This study aims to examine and analyze the influence of leadership style, work discipline, and job satisfaction on employee performance UPTD BKOM and Pelkes. Provinsi Sumatera Barat. The results of the analysis proved that the influence of test and analyze the influence of leadership style, work discipline, and job satisfaction simultaneously on the performance of employees in contributions leadership style, work discipline, and job satisfaction on the performance of employees amounted to 57.6%. In the first hypothesis test obtained the hypothesis accepted, meaning that partially contained positive and significant effect of leadership style on employee performance. To test the second hypothesis obtained the hypothesis accepted, meaning that there are significant partial positive and significant correlation between the performance of employees work discipline. For testing the third hypothesis obtained the hypothesis accepted, meaning that there are significant partial positive

and significant correlation between job satisfaction on employees' performance. And the value of the F test in the concluded that leadership style, work discipline, and satisfaction karja together have a significant and positive impact on the performance of which the employees' job satisfaction is very strong the effect of the variable of leadership style and work discipline. Suggested can be done by the agency and the management needs to pay attention to the division of labor in accordance with the ability of employees by level of education which is owned by employees.

. Jurnal Porkes. Porkes. Studi kelayakan sarana dan prasarana pembelajaran olahraga dan kesehatan tingkat SMPN se-Kecamatan Praya. Studi kelayakan sarana dan prasarana pembelajaran olahraga dan kesehatan tingkat SMPN se-Kecamatan Praya.

The purpose of this study was to examine the condition and ownership status of physical education facilities and infrastructure in junior high schools throughout the Praya district. This study used the entire population of 6 SMPN. By using a population study sampling technique. The instrument used in this study is the observation sheet. The data analysis technique in this study used a quantitative descriptive analysis method, namely data processing by the number of available facilities multiplied by 100% for the ideal number of facilities. The results of the research for SMPN 1 are 67.11% in the adequate category, SMPN 2 72% in the adequate category, SMPN 3 43.11% in the category sufficient enough, and SMPN 4 29.77% in the inadequate category, SMPN 5 73.77% in the adequate category, SMPN 6 69.77% adequate category. Meanwhile, the average calculation result for all physical education facilities and infrastructure in junior high schools in Praya District is 59.25% in the quite adequate category. The conclusion of this study is that there are 3 schools in the adequate category of infrastructure, SMPN 1 has a field area of 3600 m<sup>2</sup>, SMPN 2 has a field area of 2007 m<sup>2</sup>, SMPN 3 has a field area of 1080 m<sup>2</sup>. Inadequate category infrastructure 3 schools SMPN 4 field area 465 m<sup>2</sup>, SMPN 5 field area 675 m<sup>2</sup>, SMPN 6 field area 150 m<sup>2</sup>.

. Jurnal Inovasi Olahraga. Pendidikan olahraga dan kesehatan. JIO JURNAL. sepak bola adalah cabang olahraga Pendidikan olahraga dan kesehatan jasmani.

Football is a team sport that requires good teamwork, therefore each player must master all the parts and basic techniques and skills of playing soccer. Without mastering the basics of techniques and skills to play soccer well, then players will not

be able to carry out game patterns or develop modern tactics and will not be able to read the game. The formulation of the problem in this study is how the basic technical skills of soccer games for players aged 12-13 years at the PSD Club of Demak Regency. This study aims to determine the basic technical skills of playing soccer on players aged 12-13 years at the PSD Club, Demak district. The population of this study were participants who took part in soccer training at the PSD of Demak district in 2009 totaling 55 participants. In this study using total sampling so that the sample used is all participants who take part in soccer training at the PSD of Demak Regency, totaling 55 participants. Based on the results of research on participants who took part in soccer training in PSD Demak district through 5 kinds of test items, it was found that the basic technical skills of playing soccer in participants who took part in soccer training in PSD Demak district were classified as moderate, it was proven that 30.91% had basic skills. Playing soccer in the good category, 60.00% in the moderate category and the remaining 9.09% in the moderate category. Based on the results of the research and discussion conducted, it can be concluded that the basic technical skills of soccer games for players aged 12-13 years at the PSD Club of Demak Regency are in the medium category. Based on the results of these studies, the researchers suggest that the provision of basic technical training to play soccer should be given from an early age so that it is more easily understood and mastered by players

. Gelanggang Pendidikan Jasmani Indonesia. GPJI. KINERJA GURU DALAM PELAKSANAAN PEMBELAJARAN PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN.

Penelitian ini bertujuan untuk mengetahui kinerja guru dalam melaksanakan pembelajaran PJOK yang dilakukan di SMK Negeri 03 Malang. Rancangan penelitian adalah deskriptif kuantitatif kualitatif dengan metode observasi dan dokumentasi. Subjek dari penelitian ini adalah 3 guru PJOK SMKN 03 Malang. Berdasarkan hasil penelitian pada tiga guru PJOK dapat disimpulkan kinerja guru dalam pelaksanaan pembelajaran pendidikan jasmani olahraga dan kesehatan di SMKN 03 Malang termasuk dalam kategori sangat baik.

. Jurnal MensSana. jm. HUBUNGAN MOTIVASI KERJA DENGAN KINERJA GURU PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN DALAM PENGELOLAAN PEMBELAJARAN.

Penelitian ini bertujuan untuk mendapatkan informasi tentang hubungan motivasi kerja dan kinerja guru Pendidikan Jasmani Olahraga dan Kesehatan dalam mengelola pembelajaran. penelitian dilakukan pada jam sekolah setelah pembelajaran pendidikan jasmani olahraga dan Kesehatan di Sekolah Dasar Negeri Kabupaten Padang Kota Padang Utara. Populasi dalam penelitian ini adalah seluruh guru Pendidikan Jasmani Olahraga dan Kesehatan dan kepala sekolah. Sampel dalam penelitian ini berjumlah 50 responden teknik yang digunakan dalam penelitian ini adalah nonprobability sampling dimana seluruh anggota populasi dijadikan sampel. Hasil dari penelitian ini menunjukkan 1) Motivasi guru memiliki hubungan positif dengan kinerja guru dalam mengelola pembelajaran penjasorkes di Sekolah Dasar Negeri Kabupaten Padang Kota Padang Utara, 2) semakin besar guru motivasi (X) dengan kinerja guru (Y) sebesar 62,40%, hal ini berarti bahwa 62,40% variabel motivasi kerja guru (X) memberikan hubungan dengan kinerja guru (Y) sebesar sisanya sebesar 37,60% dipengaruhi oleh variabel dan indikator lainnya.

. Altius: Jurnal Ilmu Olahraga dan Kesehatan. altius. jurnal. ilmu. olahraga. dan. kesehat.. Pengaruh kesegaran jasmani dan motivasi belajar terhadap hasil belajar pendidikan jasmani, olahraga, dan kesehatan.

The purpose of this study is to find out the influence of Physical Fitness and Learning Motivation on Physical Education Learning Achievement. Based on the research goals, this study used quantitative (associative) multiple linear regression methods. This study was conducted in SMPN 18 Padang. The population was the student of class 17, who participated in an extracurricular program. The sample was taken by total sampling technique and with a total of 39 students. Physical Fitness was measured by the TKJI test, Learning Motivation was measured by a questionnaire, and Physical Education Achievement was taken from the test result of Physical Education Learning Achievement of the semester II periods. Before processing the data, several tests were made in advance, which was: the normality residual test, multicollinearity test, heteroscedasticity test, and autocorrelation test. The results of data analysis show that: (1) Physical Fitness influence Physical Education Learning Achievement ( $\text{sig } 0.00 < 0.05$ ). (2) Learning Motivation influence toward Physical Education Learning Achievement ( $\text{sig } 0.04 < 0.05$ ). (3) Physical Fitness and Learning Motivation simultaneously affect Physical education Learning Achievement ( $\text{sig } 0.00 < 0.05$ ).

. Jurnal Pedagogi Olahraga dan Kesehatan. J.Pedagogi Olahraga & Kes..  
Implementasi kurikulum 2013 Pendidikan Jasmani Olahraga dan Kesehatan (PJOK)  
SD di Kabupaten Magelang.

Penelitian ini bertujuan untuk mengungkapkan hambatan-hambatan dan faktor pendukung dalam implementasi Kurikulum 2013 PJOK SD di Kabupaten Magelang. Penelitian ini merupakan penelitian deskriptif kualitatif. Sumber penelitian adalah guru PJOK SD di sekolah yang mengimplementasikan Kurikulum 2013 di Kabupaten Magelang. Objek dalam penelitian ini adalah persiapan pemerintah/sekolah dalam implementasi Kurikulum 2013, perencanaan, proses pelaksanaan, penilaian dalam pembelajaran serta buku teks dan sarana prasarana di sekolah. Instrumen dalam penelitian ini adalah peneliti itu sendiri dengan menggunakan alat bantu yaitu pedoman wawancara, dan dokumen/arsip. Data dianalisis menggunakan reduksi data, display data, dan penarikan kesimpulan. Uji keabsahan data menggunakan triangulasi teknik dan sumber. Hasil penelitian menunjukkan bahwa, 1) Guru sudah diberikan pelatihan-pelatihan oleh pemerintah tentang Kurikulum 2013 dan kemampuan mengoperasionalkan komputer, 2) Pelatihan khusus untuk guru PJOK belum ada, 3) Dalam pelaksanaan implementasi Kurikulum 2013 masih ada guru yang terkendala dalam berkomunikasi, 4) Guru masih mengalami kesulitan dalam melakukan penilaian, 5) Buku khusus untuk buku PJOK dalam kurikulum 2013 belum tersedia, dan 6) Hampir tiap sekolah tidak memiliki halaman yang layak disebut sebagai lapangan olahraga.

The implementation of curriculum 2013 for Physical Education, Sports, and Health (PESH) in elementary schools in Magelang regency Abstract: This study aims to reveal constraints and factors supporting the implementation of Curriculum 2013 of PESH in elementary schools (ESs) in the Magelang Regency. This was a descriptive qualitative study. The data sources were PESH teachers of ESs implementing Curriculum 2013 in Magelang Regency. The research objects included the government/school preparation for the implementation of Curriculum 2013, planning, implementation process, learning assessment, textbooks, and school infrastructure facilities. The research instrument was the researcher himself supplemented by interview guides and documents/archives. The data were analyzed through data reduction, data display, and conclusion drawing. The data trustworthiness was enhanced by technique and source triangulations. The research findings are as follows (1) In the planning of the implementation of

Curriculum 2013 and the training on computer operation, (2) In the training there has not been special training for PESH teachers. 3) In the implementation of Curriculum 2013, in the learning process some teachers find constraints in the communication, 4) Teachers still encounter difficulties in the assessment, and 5) Textbooks based on Curriculum 2013 are not available yet. 6) Almost all schools do not have yards appropriate for sports fields.

. e-SPORT: Jurnal Pendidikan Jasmani, Kesehatan dan Rekreasi. e-SPORT.

Persepsi Kepala Sekolah Terhadap Kinerja Guru Pendidikan Jasmani Olahraga dan Kesehatan Di Sma Negeri Se-Kota Lubuklinggau.

This study aims to determine the Principal's perception of the performance of physical education teachers in SMA Negeri in Lubuklinggau City. This research is a descriptive study with one variable without making comparisons or connecting with other variables. The sample consisted of 9 principals with a sampling technique using non-probability sampling. Data collection in the study used a closed questionnaire of 33 statement items. It consists of 4 competencies, namely personality, pedagogic, professional, and social. The results of this study are the Principal's perception of the performance of the Penjasokes teacher at the State High School in Lubuklinggau City for the perception category of "Good" by 28.57%, the perception category of "Medium." or "Good Enough" by 42.86%, and the category of "bad" perception by 28.57%. Based on the three overall percentages above, the most dominant percentage is 42.86%. From the results of this study, it can be concluded that the Principal's perception of the performance of 19 Physical Education teachers at SMA Negeri Lubuklinggau is in the "Medium" category.

Keywords: Principal's Perception, Teacher Performance PJKR

. Altius: Jurnal Ilmu Olahraga dan Kesehatan. altius. jurnal. ilmu. olahraga. dan. kesehat.. Efektivitas penerapan media pembelajaran interaktif terhadap sikap kritis pendidikan jasmani, olahraga, dan kesehatan.

Penelitian ini bertujuan untuk mengetahui efektivitas penerapan media pembelajaran interaktif terhadap berpikir kritis mata pelajaran pendidikan jasmani. Penelitian ini menggunakan desain penelitian Pre-Exsperimental dengan tipe One Group Pretest-Posttes. Sampel dari penelitian ini yaitu 33 siswa kelas X BDP 1 SMKN 2 Buduran. Data yang diperoleh diuji dengan uji analisis deskriptif, uji normalitas, uji homogenitas, dan Paired Sample T-test. Hasil uji normalitas memiliki nilai Sig. (2-

tailed) lebih dari  $> 0,5$  yaitu 0,907, yang dapat diartikan bahwa data yang diperoleh berdistribusi normal. Hasil T-test memiliki nilai Sig. (2-Tailed) kurang dari  $< 0,5$  yaitu 0,00, maka dapat diartikan bahwa terdapat pengaruh yang signifikan dalam penerapan media pembelajaran interaktif yang berupa power point yang di dalamnya terdapat video slow motion terhadap kemampuan berpikir kritis peserta didik. Maka dapat disimpulkan bahwa penerapan media pembelajaran interaktif pada materi passing dalam permainan bola voli terdapat peningkatan pada keterampilan berpikir kritis peserta didik.

. Altius: Jurnal Ilmu Olahraga dan Kesehatan. altius. jurnal. ilmu. olahraga. dan. kesehat.. Altius: Jurnal Ilmu Olahraga dan Kesehatan. altius. jurnal. ilmu. olahraga. dan. kesehat.. Riyadho : Jurnal Pendidikan Olahraga. JPO. PENINGKATAN KETERAMPILAN MEMBERI UMPAN BALIK GURU PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN (STUDI PADA GURU PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN).

Penelitian ini bertujuan untuk mengetahui tindakan pendampingan yang mampu meningkatkan keterampilan mengajar terutama pada aspek memberi umpan balik guru pendidikan jasmani olahraga dan kesehatan Sekolah Dasar Negeri di Kecamatan Taman kabupaten sidoarjo setelah diberikan pendampingan. Jenis penelitian ini merupakan penelitian tindakan (action research). Tindakan dalam penelitian ini yaitu, 1.Pemberian tayangan video keterampilan memberi umpan balik pada data primer, 2.Pendampingan perekaman dan diskusi hasil dilapangan, 3.Refleksi. Subjek dari penelitian ini ada 4 Guru Pendidikan Jasmani Olahraga dan Kesehatan SDN di Kecamatan Taman Kabupaten Sidoarjo. Data hasil dari penelitian yang diperoleh dari nilai keterampilan memberi umpan balik pada 4 guru pendidikan jasmani olahraga dan kesehatan yaitu: (1) SDN Sepanjang I sebelumnya mendapatkan nilai 2 menjadi 5, (2) SDN Ketegan I sebelumnya mendapatkan nilai 2 menjadi 5, (3) SDN Trosobo I sebelumnya mendapatkan nilai 0 menjadi 2, (4) SDN Kramat Jegu II sebelumnya mendapatkan nilai 0 menjadi 2. Rata- rata pre-test 1 dan rata-rata post-test 3.5. Berdasarkan perhitungan statistik diketahui bahwa nilai  $8.70 > 2.35$  sehingga dapat disimpulkan bahwa terdapat perbedaan signifikan antara pre-test dan post-test,dimana nilai pre-test lebih rendah dibandingkan dengan nilai post-test. Kesimpulan dalam penelitian ini setelah dilakukan tindakan pendampingan melalui data primer yaitu pemberian tayangan video pembelajaran, diskusi penilaian

angket guru terutama dalam aspek keterampilan mengajar memberi umpan balik guru pendidikan jasmani olahraga dan kesehatan serta melakukan perekaman dan refleksi. Dapat meningkatkan keterampilan mengajar guru pendidikan jasmani olahraga dan kesehatan. Kata Kunci: Memberi Umpan Balik; Guru; Tindakan Pendampingan.

. Jurnal Porkes. Porkes. Tren dan hasil penggunaan model pembelajaran pendidikan jasmani (systematic literatur review). Tren dan hasil penggunaan model pembelajaran pendidikan jasmani (systematic literatur review).

The purpose of systematic literature research is to review scientific literature regarding research trends and results of using physical education learning models. This research uses the Harzing's Publish or Perish application by establishing a Google Scholar database with a time span of the last 10 years, used to select articles that contain information about the use of physical education learning models. The journal search used the systematic literature review method. The prism flow diagram was used to identify articles through the filtering and data extraction process. Of the 487 articles downloaded, the remaining 88 final articles went through the inclusion and exclusion screening process using criteria and were analyzed. The results of the review article are in accordance with the systematic review analysis of the literature. The trend review is the cooperative learning learning model, proven by the analysis of the number of articles per year. The results of using the physical education learning model in primary and secondary schools provide a positive influence on students. The use of innovative and relevant physical education learning models can increase student participation, learning outcomes, health and physical condition, motivation, and student involvement in the learning process.

. Altius : Jurnal Ilmu Olahraga dan Kesehatan. Altius. PENDIDIKAN JASMANI, OLAHRAGA DAN PRESTASI.

Abstrak: Pendidikan jasmani akan merupakan bagian yang sangat vital dan bermakna di sekolah jika dibimbing secara layak, salah satu kontribusi mata pelajaran pendidikan jasmani dan kesehatan di sekolah terutama di sekolah dasar (SD) terhadap prestasi olahraga adalah membekali murid dalam pengembangan fisik dan mental. Mengingat usia sekolah dasar berkisar antara 6-12 tahun adalah usia yang tepat untuk memberikan landasan kuat dalam pengembangan gerak, tentu memerlukan penanganan yang lebih professional dalam latihan olahraga. Pada usia

6-12 adalah usia penanganan Penjas yang akan menentukan tingkat keberhasilan dalam pencapaian prestasi dimasa yang akan datang. Kebutuhan untuk melengkapi siswa dengan pengalaman cabang olahraga dalam pendidikan jasmani secara ilmiah dan universal merupakan modal utama dalam pembentukan komponen fisik dan fisiologi untuk mencapai prestasi olahraga. Pendidikan jasmani akan membantu mewujudkan tujuan-tujuan yang menyangkut perkembangan sosial, kerjasama, kesan tentang pribadi yang menyenangkan, pengambilan keputusan, kreatif, keterampilan motorik, kesegaran jasmani, pemahaman tentang gerakan manusia dan yang lebih utama menuju prestasi olahraga. Kata Kunci : Pendidikan Jasmani, Prestasi Olahraga

. JISIP (Jurnal Ilmu Sosial dan Pendidikan). JISIP. PENGARUH KOMPETENSI DAN KINERJA GURU PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN TERHADAP MINAT BELAJAR PERMAINAN BOLAVOLI PADA SISWA SMP NEGERI DI KOTA MAKASSAR.

The research aims to discover the influence of teachers' competence and performance of physical, sport, and health education on students' learning interest in volleyball at SMPN (Public Junior High Schools) in Makassar City. The research is descriptive by using correctional research design. The populations of the research were all teachers of physical, sport and health education and the students of SMPN in Makassar City. The samples were 31 teachers of physical, sport and health education in Makassar City with and 100 students chosen by using random sampling technique, involving teachers' competence and performance variables as independent variables and volleyball learning interest as dependent variable. Data correlation technique employed SPSS Version 23.00 system at the significant level 95% or  $\alpha = 0.05$ . The results of data analysis indicate that: (1) there is significant influence of teachers' competence on students' learning interest in volleyball at SMPN in Makassar City by 69.0%, (2) there is significant influence of teachers' performance on students' learning interest in volleyball at SMPN in Makassar City by 55.0%, and (3) there is significant influence of teachers' competence and performance simultaneously on students' learning interest in volleyball at SMPN in Makassar City by 75%.

. Pendidikan Olahraga dan Kesehatan. POK. JISIP (Jurnal Ilmu Sosial dan Pendidikan). JISIP. PENGARUH KOMPETENSI DAN KINERJA GURU

PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN TERHADAP MINAT BELAJAR PERMAINAN BOLAVOLI PADA SISWA SMP NEGERI DI KOTA MAKASSAR.

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. Jurnal Porkes. Porkes. Metode latihan sirkuit dan interval dapat meningkatkan kondisi fisik pemain futsal. Metode latihan sirkuit dan interval dapat meningkatkan kondisi fisik pemain futsal.

The problem with this research is that there is no research that examines air alert training programs using circuit and interval methods to improve overall physical condition. Several studies have only looked at the effect of one component of the physical condition. The goal to be achieved in this research is to improve the physical condition components through Air alert training. The research method used is an experimental method because it seeks a causal relationship between two variables, namely Air alert training with the interval and circuit methods to increase the components of the overall physical condition. The sample in this study were 24 students who took part in the extracurricular sport of futsal at SMAN 1 Montong Gading. Results of data analysis For the circuit training group the value (sig.)  $< 0.05$

(0.05) that is ( $0.000 < 0.05$ ), then  $H_0$  is rejected,  $H_1$  is accepted. So, there is an increase in the physical condition of students who take part in the futsal extracurricular activity at SMAN 1 Montong Gading with the circuit training method.  $H_1$  is accepted. So, there is an improvement in the physical condition of students who take part in the futsal extracurricular at SMAN 1 Montong Gading with the interval training method.

. Jurnal Pendidikan Jasmani, Olahraga dan Kesehatan Undiksha. j. pendidik. jasm. olahraga kesehat. undiksha. Evaluasi Program Pendidikan Jasmani Olahraga dan Kesehatan Materi Aktivitas di Air di SMP Negeri 14 Pekanbaru.

This study aims to determine the implementation of the physical education learning program for sports and water activities at SMP Negeri 14 Pekanbaru using an evaluation approach to the Context, Input, Process, Product, and Outcome (CIPPO) model. The subjects of this study were the principal, and (SPEH) teachers, and students. Data collection is done by Documentation, Observation, and Interview. Descriptive analysis data were analyzed by qualitative descriptive technique. The results showed that the evaluation of the context, the learning materials used were relevant to the 2013 curriculum, but the technical implementation was not carried out as a whole; The input shows the educational background of the teacher in accordance with the qualifications of the SPEH teacher and the background of the students being able to carry out learning, the SPEH infrastructure facilities that support activities in the water are not provided by the school. The process includes the implementation of SPEH learning that has been going quite well; The product of student learning outcomes and the average class value are in the good enough category; Outcome is the impact on students the importance of learning PJOK for health and daily life. In general, the learning program has been guided by (BSNP), but not yet fully in accordance with national education standards, which include conformity with the implementation of learning with the delivered lesson plans, PJOK facilities and infrastructure, water activity materials are still inadequate, as well as the implementation and method of giving SPEH learning scores. also not up to standard.

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of directors colorado uplift 2005 nissan pathfinder 4 0 intake torque specs de*

## **1997 YAMAHA 40HP OUTBOARD REPAIR MANUAL**

Procedia of Engineering and Life Science. PELS. Use Of The Yamaha F100B Outboard Engine As a Populsion On The Rinca and Bawean Survey Boats.

The aim of this research is to determine the use of the Yamaha F100B outboard engine as a propulsion for the Rinca and Bawean survey boats. The research was carried out within one month, namely August to September 2023. This research was carried out using practical field work methods. The variables in this research were the specification, work process, fuel efficiency system, superiority, and environmental impact. The method in this research uses the observation method, namely the method of collecting data by recording directly while in the field. The research results show that the use of a Yamaha F100B outboard motor as a propulsion is able to provide adequate thrust for the survey vessel, with efficient fuel consumption. In the context of survey vessels, the reliability and speed of these motors are important factors in supporting successful marine survey operations.

. Steinway and Sons. Steinway versus Yamaha. Day 1 Tue, September 23, 1997.  
Statistical Analysis and Design of Recreational Outboard Propellers.

A large number of recreational craft are now built throughout the world. This has resulted in the possibility of using different outboard motors and types of outboard motor propellers. These propellers have been developed by trial and error over the past decades. Consequently they represent a state of the art for a number of propeller designs including the "cupped propeller" with a bent trailing edge.

The present paper presents an overview of these outboard motor propellers. It then examines the possibilities for the performance improvement when the propellers are designed and manufactured with spoilers. Finally the results of systematic calculations are presented to illustrate the possibility of the propeller with spoiler for cavitating outboard motor propellers.

. International Journal of Advanced Engineering Research and Science. IJAERS.  
Analysis Design Results of Kort Nozzle on Yamaha 15 HP Outboard Motor

Propulsion System Towards Increasing Ship Speed.

Use of Yamaha outboard motors There are very many small farmers (tuna fishermen) with a capacity of 1.5 GT in the Leahari country, South Leitimur sub-district, Ambon city. Apart from being used for fishing, it should also be used to sell the catch to the receiving company, but in reality the sales process to the company uses a rental motorcycle taxi. One of the factors that need to be considered in the process of planning and building a ship is a good propulsion system, the propulsion system itself is Propeller design planning. Propeller is one aspect that must be planned properly in order to achieve the purpose of the ship's function in terms of speed. Propeller that uses a kort nozzle is called a ducted propeller. The phenomenon that occurs in propeller enclosed in a tube (kort nozzle) is that the velocity of the water flow inside the tube is faster than the flow of water outside the tube resulting in lower pressure inside the tube than the pressure outside the tube. . This pressure difference results in an additional thrust (thrust). In this study, the method used is experimental and statistical tests in which the author will examine the use of a kort nozzle on the Yamaha 15 HP outboard motor propulsion system which is expected to increase the speed of the ship so that fishermen can use vessel to sell their tuna catches to receiving companies.

. Nuclear Fusion. Nucl. Fusion. Spherical tokamaks with outboard stellarator windings. Comprehensive Manuals of Surgical Specialties, Manual of Gynecologic Surgery. Repair of Rectocele and Perineum. Metal Powder Report. Metal Powder Report. Yamaha advances valve seat design. Steinway and Sons. TWENTY Steinway versus Yamaha. Computer Music Journal. Computer Music Journal. Yamaha VL70-m Physical Modeling Synthesizer. Comprehensive Manuals of Surgical Specialties, Manual of Gynecologic Surgery. Pelvic Relaxation and Associated Conditions: Enterocèle Repair. Computer Music Journal. Computer Music Journal. The Yamaha DX7-II (FD/D) Video Manual. Fusion Technology 1996. Thermal and Structural Analysis of the ITER Divertor Outboard Channel. International Journal of Energy Research. VIABILITY OF LPG USE IN LOW-POWER OUTBOARD ENGINES. Int. J. Energy Res.. Viability of LPG use in low-power outboard engines for reduction in consumption and pollutant emissions. 1997 World Aviation Congress. The aspect-ratio equivalence of conventional aircraft with configurations featuring outboard horizontal stabilizers. A Simple book repair

manual. Fisheries science. Fisheries science. Enucleation of Visualized Nuclei from Dechorionated Fertilized Eggs in Goldfish. . Inland navigation vessels - Outboard ladders. Jurnal Bahasa, Sastra, dan Studi Amerika. JBBSA. Technical Terms Translation: Translation Techniques and Quality of Automotive Terms in the Yamaha Nmax Owner's Manual.

<p>In Indonesia, many types of motorcycle are produced and marketed. Most of them are made by foreign manufacturers. The manual books which are printed in foreign languages such as English may cause some problems for the motorcycle owners and users in the country. One of the problems is the translation of the technical terms in the manual books. It is thus challenging to analyze the translation techniques applied in the translation of the automotive technical terms in <em>Yamaha Nmax Owner's Manual</em>, and the impact of translation techniques on the accuracy, acceptability and readability. <em>Yamaha Nmax</em> is one of the motorcycles with high sales rate in the country. The methods of data collection consist of content analysis and in-depth interview with the raters and respondents. The results show that there are 8 techniques used to translate the technical terms and the use of the techniques result in a translation which is in general accurate, acceptable, and readable. The technique which produces translations with high level of accuracy, acceptability and readability is established equivalent. Meanwhile, generalization tends to produce translations with low level of accuracy, while borrowing produces translations with low level of acceptability and readability.</p>

. . Inland navigation vessels - Outboard ladders. Oxford Music Online. Yamaha. Yamaha

## **ASP NET WEBSITE PROGRAMMING**

**What is ASP in web programming?** What is the full form of ASP? The full form of the ASP is Active Server Pages. ASP is a server side Web building scripting engine. It is generally a server page which includes embedded programming.

**What is ASP.NET in programming?** It was developed by Microsoft to allow programmers to build dynamic web sites, applications and services. The name stands for Active Server Pages Network Enabled Technologies. ASP.NET (software)

**Is ASP.NET good for websites?** Being flexible is one of ASP. NET's best advantages. This framework's adaptability enables it to satisfy various web development needs, from straightforward side projects to complex enterprise-level systems. This versatility is made possible by the variety of programming models it provides.

### **How to write ASP.NET web API?**

**Is ASP.NET backend or frontend?** Dot NET framework is a versatile software framework that contains both front-end and back-end languages. For example, Dot NET developers can use ASP.NET for backend and C# & VB.NET for front-end development.

**Is ASP different from HTML?** ASP pages are a completely different technology to HTML pages. ASP is a server-side programming language, which means that the code you write gets sent to a server (or a program) and it returns some code depending on what you told it to do. E.G. look at the source of this page.

**Is ASP and .NET same?** .NET is used to develop diverse kinds of applications such as web apps, mobile apps, desktop apps, Microservices, cloud services, machine learning, game development, and last but not least IoT applications. On the other hand, ASP.NET is used for developing dynamic web services, websites, and web applications only.

**Which software is used for ASP.NET programming?** These tools are with the ASP Net framework that allow developers to create various web applications. Visual Studio Code, LINQPad, NuGet, and NCrunch are a few examples.

**What is ASP.NET with an example?** ASP.NET web forms contain various web pages and GUI applications such as text box, data grid, label, checkbox, hyperlink, etc. It provides flexibility to web pages at run time as well as design time. It also provides a feature to write code in a separate file from the controls.

**Is ASP.NET better than JavaScript?** js vs ASP.NET, consider project requirements, team skills, and existing technology stack. Node. js is optimal for real-time needs, while ASP.NET suits organizations heavily invested in Microsoft technologies. The decision ultimately hinges on aligning the framework with project

specifics and team expertise.

**Is ASP.NET better than Laravel?** However, both technologies work seamlessly in their ecosystem. But, due to advanced security, accurate documentation, easy availability of affordable resources, and more flexibility, ASP.NET is a preferred choice globally. Most organizations prefer ASP.NET as compared to Laravel.

**Does ASP.NET use HTML?** ASP.NET is a free web framework for building great websites and web applications using HTML, CSS, and JavaScript.

**What coding language is asp net?** When using ASP.NET your back-end code, such as business logic and data access, is written using C#, F#, or Visual Basic. Because ASP.NET extends .NET, you can use the large ecosystem of packages and libraries available to all .

**Is ASP.NET web API RESTful?** While the Web API can be used to create a RESTful interface, it is not inherently RESTful.

**Is asp net good for API?** ASP.NET Core supports integration of Swagger & Open API that makes it easy to automatically document your API end points that is huge help for any developer who is integrating your API to their application.

**Is ASP.NET the future?** In today's fast-paced world, choosing the right tools is crucial. ASP.NET Core offers a winning combination of power, flexibility, and community, making it the perfect choice for your next web development project. So, dive in, explore its depths, and experience the joy of building for the future with ASP.NET Core.

**Does ASP.NET use Python?** Although ASP.NET already has its own web framework, you can still leverage the capabilities of Python frameworks within your ASP.NET project.

**Does ASP.NET use SQL?** ASP.NET Database Object Reference Executes SQLstatement (with optional parameters) such as INSERT, DELETE, or UPDATE and returns a count of affected records.

**Is ASP better than PHP?** The community, though robust, is often more focused on specific, Microsoft-centric issues. Consequently, ASP.NET may be better suited for

large-scale enterprise applications, while PHP offers a broader, more diverse support network for various project types.

**Is ASP outdated?** It was widely used for developing web applications and dynamic web pages in the late 90s and early 2000s. However, with the evolution of modern web development technologies, Classic ASP has become outdated and is no longer supported by Microsoft.

**What is the difference between ASP.NET and Web API?** Key distinctions include data output (Web API is data-only), request tracing, format flexibility (Web API includes JSON, XML, and others), and features such as content negotiation and self-hosting (exclusive to Web API). They can be coupled to create self-hosted apps with AJAX and many data formats.

**Is .NET better than Java?** If you are planning to build large-scale applications, then Java and .Net both are equally effective. One can use Java or .Net to create enterprise-level applications as both of them are stable and fully rolled out when it comes to scalability.

**Is ASP.NET a skill?** Understand Asp.NET MVC Architecture .NET developers should be aware of the ASP.NET MVC architecture. It is one of the essential .NET developer skills because it's fundamental for building web applications.

**Is ASP.NET similar to Java?** Both technologies have similarities and differences. However, they are especially good for complex projects. While Java has a bigger community, more documentation, a bigger talent pool, and more career opportunities, .NET shows better performance and tools for complex user interfaces.

**What is ASP used for?** ASP is a development framework for building web pages. ASP supports many different development models: Classic ASP, ASP.NET Web Forms.

**What does ASP mean website?** Active Server Pages (ASP) is Microsoft's first server-side scripting language and engine for dynamic web pages. Active Server Pages (ASP)

**What is an ASP?** (1) (Application Service Provider) An organization that hosts software applications within its facilities.

**Why is ASP used?** Web developers can use ASP.NET frameworks to build complex web projects, like web applications with their own internet domains and dynamic websites. These projects have a higher level of interactivity, so coding is important in making the projects more efficient and responsive to users.

**Are .NET and ASP.NET the same?** .NET is a free, open-source developer platform created by Microsoft for building a wide range of applications. On the other hand, ASP.NET is a part of the .NET platform specifically focused on web development. It enables developers to build dynamic websites, web applications, and web services.

**Is ASP still used today?** It is a free web framework designed by Microsoft to facilitate the development of dynamic web applications, websites, and web services. Released in the year 2002, ASP.NET is still suitable and useful for developing dynamic web apps and it is likely to be so in the future.

**Is ASP.NET old technology?** The Microsoft ASP.NET has come a long way since its inception in January 2002. For a long time, the platform has remained a popular choice amongst most custom software development service providers.

**Is ASP.NET a programming language?** ASP.NET is an extension of Microsoft's .NET platform, a framework made up of various programming tools, languages, and libraries that can be used to build custom software applications from the ground up. Applications built in ASP.NET run on the common language runtime or CLR. Common .

**Is ASP a scripting language?** Classic ASP uses server-side scripting to dynamically produce web pages that are not affected by the type of browser the website visitor is using. The default scripting language used for writing ASP is VBScript, although you can use other scripting languages like JScript (Microsoft's version of JavaScript).

**What is ASP in web design?** ASP stands for Active Server Pages. It is a server-side scripting language used to create dynamic web pages. It is commonly used in combination with HTML, CSS, and JavaScript to create dynamic and interactive

websites.

**Is ASP a snake?** The Egyptian cobra or asp is one of the most venomous snakes in its region and is infamous for its distinct behavior of rearing and spreading a hood. The snake is common throughout Egyptian mythology, stories, and anecdotes.

**What is an example of an ASP?** The most basic and relatable example of an ASP is the use of free webmail services like Yahoo mail, Google mail, and Google docs and spreadsheets. These are free ASP products.

**What is ASP in cloud computing?** Application Service Provider Definition An Application Service Provider (ASP) provides applications and related services over the Internet. Enterprises rent ASP software for a fee. The software is accessed remotely through a web browser and not installed on a company's local drives.

**Why ASP is better than HTML?** ASP can easily work with any form of scripting language to install codes and algorithms into a front-end page. We can not use algorithms in HTML. HTML only approves interpreting content in a structured format and displays the same on the browser window.

**Is ASP.NET good for web development?** ASP.NET is a powerful tool for web development that provides a range of advantages for developers. It offers improved security and performance, rapid application development, easy maintenance, and cross-platform compatibility. Additionally, it is a cost-effective solution with extensive support from Microsoft.

**Why is ASP.NET so popular?** Cloud-based Applications ASP.NET easily interfaces with cloud platforms like Microsoft Azure, as cloud computing continues to gain popularity. Because of this interoperability, ASP.NET applications may make use of cloud services and have scalable and reliable deployments.

## **BOARD OF DIRECTORS COLORADO UPLIFT**

**Who is the CEO of Colorado UpLift?** Joseph Sanders - Colorado UpLift.

**Who is the owner of uplift?** Brian Barth - Co-Founder & CEO @ Uplift - Crunchbase Person Profile.

**Who is the CEO of uplift marketing?** Matt Hanses - CEO of Uplift Marketing.

**Who is the CEO of Lift and Co?** Lift & Co.'s Chief Executive Officer & Director is Matei Olaru.

**Who is the CEO of uplift labs?** Uplift was founded by 3 technology veterans. CEO Sukemasa "Masa" Kabayama served as President of Tesla Japan and held leadership roles at innovative global companies such as Apple and LEGO. CTO Jonathan Wills is a serial entrepreneur who sold his image recognition firm that he founded to GoPro in 2016.

**Who is the CEO of lifted made?** Nicholas S. Warrender is our Vice Chairman and Chief Operating Officer, and the Chief Executive Officer of our Lifted Made subsidiary which he founded in 2015. Mr. Warrender is an expert in brand design.

**Who is the owner of uplift games?** Floyd H. is the Founder and Co-CEO of Uplift Games, the studio behind Adopt Me, a popular multi-platform pet adoption game for kids aged 6-15.

## **2005 NISSAN PATHFINDER 4 0 INTAKE TORQUE SPECS**

Torque Specifications for Intake Manifolds\*\*

The torque specifications for intake manifolds vary depending on the make and model of the vehicle. Here's a guide to some common torque specs:

- **Nissan Pathfinder (2004):** 18 ft-lbs
- **Nissan Pathfinder (2009):** 22 ft-lbs
- **Vortec Intake Manifold:** 18-22 ft-lbs
- **LM7 Intake Bolt:** 89 in-lbs
- **350 Intake Manifold:** 22-25 ft-lbs

### **Importance of Proper Torque**

Intake bolts must be torqued properly to ensure a secure seal and prevent leaks or damage. Overtightening can strip the threads or warp the manifold, while undertightening can lead to air leaks and performance issues.

### Consequences of Improper Torque

- **Overtightening:** Stripped threads, warped manifold, coolant or oil leaks, cylinder head damage
- **Undertightening:** Air leaks, reduced engine performance, intake manifold gasket failure

### Weight of Torque Intake Manifold

The weight of a torque intake manifold varies depending on the size and material. Typically, they weigh between 10-20 pounds.

### Nissan Pathfinder Engine Torque

- **4-cylinder (2017+):** 175 ft-lbs
- **V6 (2004-2019):** 240-270 ft-lbs

### Additional Considerations

- **Torque Specs for Exhaust Manifolds:** Typically higher than intake manifolds, ranging from 25-35 ft-lbs.
- **4-Cylinder vs. V6:** 4-cylinder engines typically have lower torque output than V6 engines.
- **Pathfinder Power:** The Pathfinder is considered a mid-size SUV with adequate power for most driving conditions.

## DE INSTRUCCIONES SEGURIDAD PISTOLA WALTHER PPK

**¿Qué significa Walther PPK?** La Walther PPK (del alemán Polizeipistole Kriminalmodel, 'pistola policial modelo detective') es una variante más corta de la serie de pistolas semiautomáticas PP, del fabricante alemán Carl Walther GmbH

Sportwaffen. La PPK, también conocida como PP Compacta, fue introducida en 1931. Walther PP, PPK, PPK/S y PPK/E.

**¿Qué tan buena es la pistola Walther?** Estas pistolas son eficientes, ergonómicas y tienen un tamaño compacto. Una de las características distintivas de las Walther PPQ es su polivalencia, siendo populares sobre todo como armas de defensa personal o para uso policial, aunque también tienen buena acogida como pistolas de tiro deportivo.

**¿Qué calibre es la pistola Walther PPK?** Pistola Walther PPK pavonada en calibre .380 ACP (9 Corto).

**¿Qué significa Parabellum en una pistola?** Recibe su nombre de la famosa máxima latina Si vis pacem, para bellum ("Si quieres la paz, prepárate para la guerra"). ? Añadir como dato histórico que "Parabellum" era la dirección telegráfica de la factoría DWM y posiblemente este cartucho recibió tal denominación por tal motivo.

**¿Qué significa +P en una bala?** P: Se denomina así a las balas que terminan en punta.

**¿Qué marca es la pistola mata policías?** Esta arma, diseñada en Bélgica por la empresa FN Herstal, se ha convertido en una especie de insignia en la agrupación terrorista, que no solo refleja el estatus de un integrante, sino el nivel de confianza que sus superiores depositan en él.

**¿Qué pistola es la mejor del mundo?** GLOCK Las pistolas Glock son reconocidas en todo el mundo por su fiabilidad, robustez y eficacia. La Glock G19 Gen5 ha sido votada como la mejor pistola para el servicio en una encuesta realizada por el Blog de Tiro Táctico (EBdT2).

**¿Cómo se llama la pistola más fuerte del mundo?**

**¿Cuánto alcance tiene una pistola 9 mm?**

**¿Qué calibre de pistola usan los policías?**

**¿Cuál es el arma de 007?** La pistola de James Bond es de esas armas míticas del cine, pero también es un arma corta mítica de la historia militar. El modelo utilizado por el agente 007 es una Walther PPK alemana diseñada a comienzos de la década de 1930. Su desarrollo fue tan bueno que actualmente todavía puede verse en uso.

**¿Cuál es el alcance de una bala 9mm?** Velocidad de una Bala 9mm La bala 9mm es una de las más populares debido a su equilibrio entre potencia y control. Su velocidad está generalmente en el rango de 350 a 400 metros por segundo, aunque puede variar dependiendo de factores como el tipo de pólvora y el peso del proyectil.

**¿Qué pistola usaban los oficiales alemanes?** La Parabellum es muy conocida debido a su empleo por el ejército alemán durante la Primera y Segunda Guerra Mundial, así como por la República de Weimar en el periodo de entreguerras y la Volkspolizei germano-oriental en la posguerra.

**¿Qué pistola usaba John Wick?** John Wick usa predominantemente munición de 9 mm, .45 y 5,56x45 mm de la OTAN en sus armas de fuego. También utiliza municiones de 7,62 de la OTAN para sus rifles AKM, cartuchos de escopeta de 12 calibre para sus escopetas de combate Remington Tac-14, y municiones de 5,7x28 mm FN para su pistola FN Five-seveN.

**¿Qué significa RP en una bala?** LA BALA SP-RP (SPIRE POINT -RECOIL PROOF) ES SIMPLEMENTE LA BALA INTERLOCK SPIRE POINT DE HORNADY CON EL ANILLO EXCLUSIVO QUE GARANTIZA QUE EL NÚCLEO Y EL ENCAMISADO PERMANEZCAN UNIDOS DURANTE LA EXPANSIÓN. EL INTERLOCK RETIENE MÁS MASA, ENERGÍA E IMPULSO DESPUÉS DEL IMPACTO Y TRANSFIERE ESA ENERGÍA AL OBJETIVO.

**¿Qué significa ACP en una bala?** El .45 ACP (Automatic Colt Pistol), también llamado .45 Auto o 11,43 x 23, es un cartucho desarrollado por J. M. Browning en 1905 para la pistola M1911. Adoptado oficialmente en 1911 por el Ejército de los Estados Unidos, estuvo en servicio hasta 1985, fecha en la que fueron sustituidos por el 9 x 19.

**¿Qué significa AP en armas?** La munición AP (acrónimo del inglés armour-piercing o perforador de blindaje) se refiere a un tipo de proyectil de punta dura, habitualmente para artillería y cuyo grado de perforación se basa en su energía cinética.

**¿Qué marca de pistola usaba Pablo Escobar?** Según el libro, las 734 páginas fueron devoradas por el joven Pablo Escobar y años después, fue uno de los escondites predilectos para su pistola más querida, la mítica Sig Sauer marca Glock.

**¿Qué pistola usan los vigilantes de seguridad?** El arma reglamentaria de los vigilantes de seguridad y su especialidad de vigilantes de explosivos, en los servicios que hayan de prestarse con armas, será el revólver calibre 38 especial de cuatro pulgadas.

### **¿Cuál es la mejor pistola en el mundo?**

**¿Qué arma es mejor que la Glock?** Hay varias razones por las que Sig Sauer es considerada una opción superior a Glock. En primer lugar, SigSauer tiene una reputación de calidad y precisión en la fabricación de armas de fuego. Además, sus pistolas tienen un diseño ergonómico que las hace más cómodas de sostener y disparar.

**¿Qué es mejor Sig Sauer o Glock?** En este punto, podríamos concluir que en cuanto a ergonomía se refiere, la Sig Sauer P320 es mejor que la Glock 19, pero insistimos en que ambas pistolas están verdaderamente bien diseñadas, ¡la elección es muy compleja!

### **¿Cuál es la mejor arma para defensa personal?**

**¿Cuál es la pistola más vendida en el mundo?** A todos ellos, para bien y para mal, les rememora a la pistola más popular del planeta: la Glock. Con sus líneas rectas, casi como montada con piezas de Lego, resulta inconfundible a pesar de haber sido copiada, clonada y replicada por decenas de fabricantes.

**¿Qué es mejor una Glock o una Beretta?** Las Glock son unas pistolas excepcionales. Y son mejores que las Berettas. Y con su sistema "Safe Action" su peso, sus diferentes tamaños, calibres y su precio son las también las más

adecuadas para defensa personal.

**¿Cuál es la pistola con más alcance del mundo?** Arma de francotirador de largo alcance (LRSW) McMillan Tac-50 (C15) de las Fuerzas Canadienses. McMillan Brothers Rifle Co. 4.000 m aprox.

**¿Qué significa PPS en pistolas?** La Walther PPS – Pistola Policial Compacta (Polizei Pistole Schmal) es una pistola semiautomática fabricada en Alemania por la compañía de armamento Walther Arms.

**¿Qué significa que un arma tenga las siglas Pak?** Son balas de salva que contiene pólvora e iniciador, por lo que detonan de forma similar a un cartucho real pero no propulsan ninguna bala, por lo que no son letales.

**¿Cuál es el arma de 007?** La pistola de James Bond es de esas armas míticas del cine, pero también es un arma corta mítica de la historia militar. El modelo utilizado por el agente 007 es una Walther PPK alemana diseñada a comienzos de la década de 1930. Su desarrollo fue tan bueno que actualmente todavía puede verse en uso.

**¿Qué significa CZ en pistola?** Las armas de fuego con la marca Ceska Zbrojovka o CZ (Fábrica de Armas Checa, en checo) han sido producidas por varias fábricas que han sido independientes en lo que a su administración y propietarios respecta. Logo de la ?eská zbrojovka.

**¿Qué significa la S en una pistola?** En armas de fuego, un seguro es un mecanismo utilizado para ayudar a prevenir el disparo accidental de un arma de fuego, contribuyendo así a una manipulación más segura de la misma. Acercamiento del seguro/selector de fuego de un fusil M16A2.

**¿Qué significa SF en una pistola?** La nueva pistola Walther Q5 Match SF (Steel Frame) Champion ofrece un rendimiento que va más allá de lo que puedes encontrar en una pistola de competición fabricada totalmente en acero.

**¿Qué pistola trae los policías?** Pistola Glock 17 GEN 4 9mm PB Actualmente el modelo de armas policiales más extendido en todo el mundo son las pistolas policiales, un producto imprescindible para todos los agentes de Policía para garantizar la seguridad propia y de los ciudadanos.

**¿Qué significa AP en armas?** La munición AP (acrónimo del inglés armour-piercing o perforador de blindaje) se refiere a un tipo de proyectil de punta dura, habitualmente para artillería y cuyo grado de perforación se basa en su energía cinética.

**¿Qué significa HK en las armas?** Heckler & Koch GmbH (abreviada H&K o HK) es una empresa alemana dedicada a la fabricación de pistolas, fusiles de asalto, ametralladoras y lanzagranadas. Tiene su sede en Oberndorf am Neckar, Baden-Württemberg, Alemania. También tiene filiales en el Reino Unido, Francia y los Estados Unidos.

**¿Qué quiere decir ACP en armas?** Si pertenece a una pistola, se lo suele denominar .45 ACP (Automatic cartridge pistol ó automatic Colt pistol) o bien, sólo en nuestro país, calibre 11,25 mm. Cuando se trata de calibres de armas largas, es común encontrarlo acompañado de otros dígitos.

**¿Cuál es el arma que usa John Wick?** La pistola STI Combat Master 9mm Parabellum cuenta con un cañón de 5,4", corredera sobredimensionada , miras ajustables, seguridad ambidiestra, disparador de competición, brocal de gran tamaño, cargador de 22 cartuchos entre otras características que os detallamos más adelante.

**¿Qué significa M en 007?** M es un personaje ficticio de la saga de James Bond, tanto de los libros de Ian Fleming como de la franquicia fílmica o de los videojuegos que tratan sobre el agente 007. "M" es un nombre y un código para designar al jefe del servicio de inteligencia británico del MI6.

**¿Qué carro trae el agente 007?** Aston Martin DB5 El Aston Martín DB5 es un auto de lujo británico diseñado por Carrozzeria Touring Superleggera.

**¿Qué significa la F en la pistola?** Cuando conseguimos la licencia F, lo hacemos siendo tiradores de 3<sup>a</sup> categoría, lo que nos da derecho a tener un arma corta de cualquier calibre federativo. Es en este punto donde os invito primero a pensar en “qué modalidad de tiro voy a practicar” en lugar de “qué modelo de pistola me voy a comprar”.

**¿Qué significa que la Glock tenga una c?** Las pistolas Glock designadas con una "C" después del número del modelo disponen de dos ranuras en la corredera y en el cañón para compensar la elevación del cañón al disparar.

**¿Qué es una r pistola?** Es un arma semiautomática, es decir, cada vez que se dispara el gatillo dispara una sola bala y se recarga la siguiente.