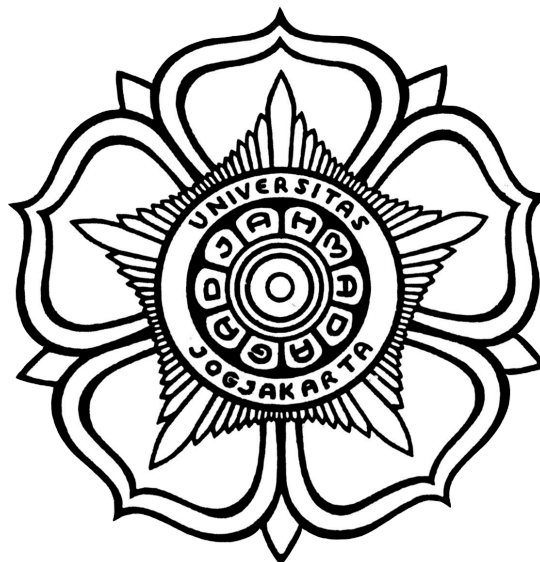


**THE IMPACT OF AEROBIC EXERCISE COMBINED WITH
RESISTANCE TRAINING ON MAXIMAL OXYGEN UPTAKE
PREDICTION IN ELDERLY OF BUDHI DHARMA NURSING
HOME**

THESIS

Fulfilling a Requirement To Obtain Medical Bachelor Degree of
Universitas Gadjah Mada



MUHAMMAD ARKAAN PUTRA APRILIA DARMAWAN

22/496688/KU/23979

**FACULTY OF MEDICINE, PUBLIC HEALTH AND NURSING
UNIVERSITAS GADJAH MADA
YOGYAKARTA
2025**

RATIFICATION PAGE

THESIS

THE IMPACT OF AEROBIC EXERCISE COMBINED WITH RESISTANCE TRAINING ON MAXIMAL OXYGEN UPTAKE PREDICTION IN ELDERLY OF BUDHI DHARMA NURSING HOME

To Partially Fulfill the Requirements for
obtaining a bachelor of medicine degree

Gadjah Mada University

Submitted by:

Muhammad Arkaan Putra Aprillia Darmawan

22/496688/KU/23979

Has been examined and approved on 19 February 2026

Thesis Examiner Team,

Material Advisor



Dr. dr. Ratna Dewi Puspita,
M.Sc

NIP: 198202252009122004

Methodology Advisor



Dr. dr. Sri Lestari Sulisty
Rini, M.Sc

NIP: 197610312005012001

Expert Examiner

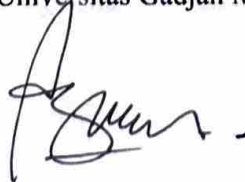


Dr. dr. Rahmaningsih Mara
Sabirin, M.Sc

NIP: 198611112024062001

Acknowledged,

Head of the Medical Study Program
Faculty of Medicine, Public Health, and Nursing
Universitas Gadjah Mada



Prof. dr. Eggi Arguni, M.Sc, PhD, Sp.A(K)
NIP. 197404122008012010