



CURRICULUM VITAE

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Faculty: Fakultas Ilmu Keolahragaan

Study Programs: Ilmu Keolahragaan

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Biography

Scopus of the Last 5 Years

The Relationship Between Physical Fitness and Mental Health on Physical Education Learning Outcomes. Educational Administration: Theory and Practice, Sepriadi, 2023

The Effect of Zig-Zag Dribbling and Triangle Dribbling on Futsal Skills for U13 Athlete Using Video. International Journal of Human Movement and Sports Sciences, Arsil, 2023

The BMB3 Approach in Tarung Derajat Martial Arts Training: Mastery of BMB3, Basic Technical Skills, and Good Character. International Journal of Human Movement and Sports Sciences, Alnedral, 2023

Development of a Digital-Based Tool to Measure Volleyball Players's Upper Limb Muscle Explosive Power. Sport Mont, Ihsan N., 2023

The Effect of Resistance Bands Rubber Spring Exercise on the Front Kick Speed of Adolescent Pencak Silat Women. International Journal of Human Movement and Sports Sciences, Ilahi B.R., 2023

Effectiveness of Interactive Multimedia Supported Physical Education Using Jurus Tunggal Tangan Kosong in the New Normal Era. International Journal of Human Movement and Sports Sciences, Lanos M.E.C., 2023

Digital-Based e-Modules in Tarung Derajat Martial Arts Learning at Basic Level. International Journal of Human Movement and Sports Sciences, Alnedral, 2023

PRACTICAL GROUP DEFENSE EXERCISE DESIGN IN FOOTBALL GAME FOR 13-YEAR-OLD STUDENTS. Physical Education Theory and Methodology, Ihsan N., 2022

The Contribution of Leg Muscle Explosive Power, Agility, and Self-confidence on Sickle Kick Performance. International Journal of Human Movement and Sports Sciences, Ihsan N., 2022

Slow-motion in weight training: How does it affect muscle hypertrophy in untrained young men?. Journal of Physical Education and Sport, Mario D.T., 2022

THE EFFECT OF LIMB MUSCLE EXPLOSIVE POWER, FLEXIBILITY, AND ACHIEVEMENT MOTIVATION ON SICKLE KICK PERFORMANCE IN PENCAK SILAT LEARNING. Physical Education Theory and Methodology, Ihsan N., 2022

Game-based exercise model for elementary school student's physical fitness. Gazzetta Medica Italiana Archivio per le Scienze Mediche, Sepriadi S., 2022

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Instrument speed endurance test of pencak silat athletes. *International Journal of Human Movement and Sports Sciences*, Suwirman, 2021

Development of digital based vertical jump test instruments. *Journal of Physics: Conference Series*, Prabowo A., 2020

Digital based sit-up test instrument development. *Journal of Physics: Conference Series*, Saputra S., 2020

Design of Instrument Explosive Power Leg Muscles Sensor Based. *Journal of Physics: Conference Series*, Ihsan N., 2020

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Tarung Derajat Instrumentation Development. *Unima International Conference on Social Sciences and Humanities (UNICSSHÂ ...)*, 2023, N Ihsan, DP Sari, N Aldani, 2023

Development of Application-Based Self-Assessment for Basic Gymnastics Evaluation of Students of State Elementary School. *INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND ANALYSIS* 6 (1), 330-343, 2023, MIS Martalena, Nurul Ihsan, Anton Komaini, Padli, Fiky Zarya, 2023

Pengembangan E-Modul Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan (PJOK) Materi Kebugaran Jasmani Kelas IV Sekolah Dasar Berbasis Aktivitas Bermain. *Wahana Didaktika: Jurnal Ilmu Kependidikan* 21 (1), 73-84, 2023, AR Fadlan, AS Wahyuri, N Ihsan, A Komaini, R Batubara, 2023

Pengembangan Media Video Pembelajaran Teknik Dasar Shooting Permainan Sepakbola Kelas VIII SMP N 3 Gunung Talang. *Jurnal JPDO* 6 (1), 1-6, 2023, DA Arfendi, N Ihsan, I Wulandari, 2023

Pengembangan Self Assessment Berbasis Aplikasi Google Form Materi Passing Bola Basket. *Jurnal JPDO* 6 (2), 111-117, 2023, A Prayoga, N Ihsan, H Neldi, W Rasyid, 2023

Hubungan Konsentrasi terhadap Hasil Shooting Atlet Petanque Universitas Negeri Padang. *Jurnal JPDO* 6 (2), 61-66, 2023, JB Sandy, A Atradinal, N Ihsan, F Amra, 2023

Hubungan Motivasi Belajar Siswa terhadap Hasil Belajar Pendidikan Jasmani, Olahraga dan Kesehatan SMPN 12 Padang. *Jurnal JPDO* 6 (2), 89-95, 2023, O Orison, N Ihsan, K Firdaus, I Wulandari, 2023

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Tinjauan Kondisi Fisik Pemain SSB Gelora Baru Kecamatan Tiumang Kabupaten Dharmasraya. *Jurnal JPDO* 6 (3), 170-176, 2023, R Saputra, D Deswandi, N Ihsan, H Lawanis, 2023

- Pelaksanaan Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan Di Sekolah Dasar Negeri 15 Ampalu Kecamatan Pariaman. *Jurnal Jpdo* 6 (1), 92-96, 2023, A Joni, N Ihsan, Z Zulbahri, AN Putra, 2023
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- The Influence of Imagery Training and Self-Confidence on Futsal Shooting Results in Extracurricular Students at SMA Negeri in Bangalore City. *Kinestetik: Jurnal Ilmiah Pendidikan Jasmani* 7 (1), 176-186, 2023, A Febrinaldo, W Welis, N Ihsan, 2023
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- DEVELOPMENT OF A MEDIA DISPLAY OF THE TRUTH F SINGLE-MOTION FOR ATHLETES, COACHES, AND REFEREES-JUDGES PENCAK SILAT IN PADANG CITY. *Curricula: Journal of Teaching and Learning* 8 (1), 21-29, 2023, A Mardius, E Barlian, N Ihsan, 2023
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- Dampak Kondisi Fisik pada Tendangan Sabit dalam Olahraga Pencak Silat. *Journal for Lesson and Learning Studies* 6 (1), 2023, A Mardius, E Barlian, N Ihsan, 2023
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- Analisis Minat Masyarakat Terhadap Perbankan Syariah di Wilayah Kecamatan Panceng Kabupaten Gresik. *Jurnal BAABU AL-ILMI: Ekonomi dan Perbankan Syariah* 7 (1), 57-69, 2022, N Ihsan, N Hadi, MIS Pratikto, 2022
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- Android-Based Measurement Design of Leg Muscle Power. *PILLAR OF PHYSICS* 15 (1), 2022, M Irsyad, N Ihsan, 2022
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- Practical Group Defense Exercise Design in Football Game for 13-Year-Old Students. *Physical Education Theory and Methodology* 22 (2), 194-201, 2022, N Ihsan, A Okilanda, D Donie, DD Putra, S Wanto, A Arisman, 2022
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- Hubungan Daya Ledak Otot Tungkai dan Kelentukan dengan Kemampuan Smash. *Jurnal JPDO* 5 (5), 21-27, 2022, AA Jabbar, E Erianti, N Ihsan, Y Astuti, 2022
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- Teknologi dalam Pembelajaran Pencak Silat. *Rajawali Pers*, 2022, N Ihsan, W Sasmita, S Suwirman, 2022
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- The Contribution of Leg Muscle Explosive Power, Agility, and Self-confidence on Sickle Kick Performance. *International Journal of Human Movement and Sports Sciences* 10 (4), 683-688, 2022, N Ihsan, R Hidayat, D Damrah, H Neldi, S Sepriadi, M Muslimin, 2022
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- Teknik Metode Pembelajaran Patanque. *Rajawali Prers*, 2022, N Ihsan, RF Hartika, 2022
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- Pengaruh Metode Latihan Sirkuit Dan Madu Terhadap Kemampuan Vo2 Max Atlet Bulutangkis Universitas Negeri Padang. *Jurnal MensSana* 7 (1), 99-107, 2022, MM Arnando, S Syafruddin, N Ihsan, DN Sari, 2022
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- Komersialisasi Hasil Penelitian Melalui Pusat Layanan Pengukuran Kondisi Fisik. *Wahana Dedikasi: Jurnal PKM Ilmu Kependidikan* 5 (2), 2022, N Ihsan, A Komaini, Y Yohandri, Y Yulhendri, 2022
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- Contribution of Motor Ability to Physical Fitness of Elementary School Students. *Jurnal MensSana* 7 (2), 126-134, 2022, S Sepriadi, S Syafruddin, K Khairuddin, N Ihsan, L Liza, 2022
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- The Effect of Training Media and Playing Concentration on the Shooting Accuracy of Petanque Athletes at Universitas Negeri Padang. *Gladi: Jurnal Ilmu Keolahragaan* 13 (03), 330-346, 2022, Y Irham, N Ihsan, AN Putra, 2022
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- Development of Sports and Health Physical Education Learning E-Module Pencak Silat Material Accompanied by Physical Fitness Exercise Activities for Class VII Students. *International Journal of Education and Literature* 1 (3), 74-82, 2022, R Batubara, B Bafirman, AS Wahyuri, N Ihsan, AR Fadlan, 2022
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- Practical Group Defense Exercise Design in Football Game for 13-Year-Old Students. *Teori & Ta Metodika F&A-zinogo Vihovann&A*, 22 (2), 194-201. , N Ihsan, A Okilanda, D Donie, DD Putra, S Wanto, A Arisman, 2022
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- Pengembangan Media Pembelajaran Berbasis Video Pada Keterampilan Shooting Bola Basket di Sekolah Menengah Atas. *Jurnal JPDO* 5 (7), 22-28, 2022, F Ikhsan, N Ihsan, N Nirwandi, AS Wahyuri, 2022
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- Pengembangan E-Modul Untuk Materi Bolabasket Siswa Sekolah Menengah Pertama Kelas VIII. *Jurnal JPDO* 5 (7), 61-67, 2022, NY Zahra, Z Zarwan, H Neldi, N Ihsan, 2022
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- Pengembangan Self Assesment dalam Pembelajaran PJOK pada Materi Servis Bawah Menggunakan Formulir Online Jotfrom. *Jurnal JPDO* 5 (6), 46-53, 2022, DZ Putri, N Ihsan, AS Wahyuri, Y Astuti, 2022
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- Hubungan Daya Tahan Kekuatan Otot Tungkai Terhadap Tendangan Samping Atlet Perguruan Silaturahmi Sakti Kala Hitam. *Jurnal JPDO* 5 (11), 59-67, 2022, HS Yoni, S Suwirman, Z Zulman, N Ihsan, 2022
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Self-Assessment Development in Physical Education Learning on Under Service Materials Using JotForm. Halaman Olahraga Nusantara: Jurnal Ilmu Keolahragaan 4 (2), 440-450, 2021, D Zulfa, N Ihsan, 2021

Peningkatan Income Genereting melalui Pemanfaatan Pusat Layananan Pegnukuran Kondisi Fisik. Wahana Dedikasi: Jurnal PkM Ilmu Kependidikan 4 (2), 122-129, 2021, N Ihsan, A Komaini, Y Yohandri, Y Yulhendri, 2021

The effectiveness of Pencak Silat to change teenage personalities. Jurnal Konseling Dan Pendidikan 8 (1), 1-8, 2020, TH Sin, N Ihsan, 2020

Development of digital based vertical jump test instruments. Journal of Physics: Conference Series 1481 (1), 012029, 2020, A Prabowo, N Ihsan, E Barlian, W Welis, 2020

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Pelaksanaan Kegiatan Ekstrakurikuler Sepak Bola di SMPN 03 Padang Pajang. Jurnal JPDO 3 (6), 16-20, 2020, N Ihsan, H Hasriwandinur, 2020

Competence of Physical Education, Sports and Health Teachers in Elementary Schools of Lubuk Sikaping. 1st International Conference of Physical Education (ICPE 2019), 53-56, 2020, MH Razaak, N Ehsan, 2020

Implementation of the Learning Process of Physical Education, Sport, and Health. 1st International Conference of Physical Education (ICPE 2019), 23-25, 2020, RH Putra, N Ihsan, 2020

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Contributions of Flexibility to Sabit Kick Speed Pencak Silat. 1st International Conference of Physical Education (ICPE 2019), 169-171, 2020, N Ihsan, 2020

Design Of Instrument Explosive Power Leg Muscles Sensor Based. Journal of Physics: Conference Series 1594 (1), 012038, 2020, N Ihsan, A Sujana, AY Permana, 2020

The Effect of Polymeric Exercises for Front Speed Kick. 1st Progress in Social Science, Humanities and Education Research SymposiumÂ ..., 2020, N Ihsan, SF Utami, 2020

The Effect of Limb Length on Speed of Mawashi Geri Kick in Karate Kumite for Adult. 1st Progress in Social Science, Humanities and Education Research SymposiumÂ ..., 2020, N Ihsan, 2020

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Improving Students' Radslag Movement Through Applying Exercise Method at SMPN 001 Rumbio Jaya. 1st Progress in Social Science, Humanities and Education Research SymposiumÂ ..., 2020, M Akmal, N Ihsan, 2020

Implementation Analysis of Digitally Pencak Silat Agility Instrument. EKSAKTA: Berkala Ilmiah Bidang MIPA 21 (2), 139-147, 2020, J Sahri, N Ihsan, B Bafirman, AS Wahyuri, 2020

Design Instruments of Explosive Power Sensor Based Kick on Pencak Silat. The 1st Progress in Science and Technology Research Symposium, 24-27, 2020, N Ihsan, A Sujana, AY Permana, 2020

Increasing Entrepreneurship Ability of Student of Sport Science Faculty. Jurnal Humanities Pengabdian Kepada Masyarakat 1 (2), 96-102, 2020, N Ihsan, S Sepriadi, S Suwirman, 2020

PENGARUH PENGGUNAAN MEDIA PROYEKTOR TERHADAP MOTIVASI BELAJAR MAHASISWA PBA SEMESTER II IAI MUHAMMADIYAH SINJAI. INSTITUT AGAMA ISLAM MUHAMMADIYAH SINJAI, 2020, N IHSAN, 2020

Validitas Instrumen Tes Kecepatan Tendangan Pencak Silat Ke Sasaran. Halaman Olahraga Nusantara: Jurnal Ilmu Keolahragaan 3 (2), 222-229, 2020, AM Effandy, N Ihsan, 2020

Pengaruh Metode Bermain Dan Metode Latihan Terhadap Hasil Belajar Pendidikan Jasmani Olahraga Dan Kesehatan (Penjasorkes). JURNAL PENJAKORA 5 (2), 135-139, 2019, N Ihsan, 2019

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Pelatihan Karakter Building Dan Mental Imagery Bagi Atlit PPLP Sumatera Barat. Jurnal Berkarya Pengabdian Masyarakat 1 (1), 13-20, 2019, N Ihsan, S Syahrastani, 2019

DEVELOPMENT INSTRUMENT OF KICK SPEED ENDURANCE OF PENCAK SILAT ATHLETE. International Journal of Mechanical Engineering and Technology (IJMET) 10Â ..., 2019, Suwirman, N Ihsan, Deswandi, Sepriadi, 2019

Tinjauan Kondisi Fisik Atlet Padepokan Pencak Silat Elang Putih Kota Lubuk Linggau. Jurnal JPDO 2 (2), 30-34, 2019, RT Aulia, N Ihsan, 2019

Improvement Of Students' Capability In Faculty Of Science With PALS Method. Jurnal Berkarya Pengabdian Masyarakat 1 (2), 195-200, 2019, N Ihsan, S Sepriadi, 2019

IMPLEMENTASI PEMBINAAN DAN PENGAWASAN TERHADAP BAZNAS PROVINSI SUMATERA SELATAN TENTANG PENGELOLAAN ZAKAT. Journal AIMuamalah Radenfatah 110, 2019, N Ihsan, S Hadi, 2019

Pelatihan Metode Latihan Pencak Silat Tradisi. Wahana Dedikasi: Jurnal PkM Ilmu Kependidikan 2 (1), 98-104, 2019, N Ihsan, Z Zulman, S Sepriadi, 2019

Micro Teaching: Buku Ajar. Rajagrafindo Persada, 2019, N Ihsan, RF Hartika, 2019

Research of the Last 5 Years

Pengembangan Protector Scoring System Berbasis Sensor Pada Pencak Silat Kategori Tanding Untuk Standarisasi Penilaian. Penelitian Terapan Unggulan Perguruan Tinggi, Leader: Nurul Ihsan, Implementation Year: 2023

Pengembangan Sistem Penilaian Digital Olahraga Tarung Derajat Berbasis Android. Penelitian Terapan Unggulan Perguruan Tinggi, Leader: Alnedral, Implementation Year: 2023

Pengembangan Protector Scoring System Berbasis Sensor Pada Pencak Silat Kategori Tanding Untuk Standarisasi Penilaian. Penelitian Terapan Unggulan Perguruan Tinggi, Leader: Nurul Ihsan, Implementation Year: 2022

Pengembangan Aplikasi Self Assesment Domain Psikomotor Dalam Pembelajaran Tenis Lapangan. Penelitian Khusus Guru Besar, Leader: Kamal Firdaus, Implementation Year: 2022

Pengembangan Kursi Roda Sebagai Alat Bantu Pemulihan Bagi Penderita Stroke. Pt-penelitian Terapan, Leader: Nurul Ihsan, Implementation Year: 2022

Pengembangan Sistem Penilaian Digital Olahraga Tarung Derajat Berbasis Android. Penelitian Terapan Unggulan Perguruan Tinggi, Leader: Alnedral, Implementation Year: 2022

Pengembangan Protector Scoring System Berbasis Sensor Pada Pencak Silat Kategori Tanding Untuk Standarisasi Penilaian. Penelitian Terapan Unggulan Perguruan Tinggi, Leader: Nurul Ihsan, Implementation Year: 2021

Pengembangan Sistem Penilaian Digital Board System Pada Olahraga Tarung Derajat. Pppt-penelitian Unggulan Perguruan Tinggi Pengembangan, Leader: Alnedral, Implementation Year: 2021

Pengembangan Kursi Roda Sebagai Alat Bantu Pemulihan Bagi Penderita Stroke. Ptpt-penelitian Terapan, Leader: Nurul Ihsan, Implementation Year: 2021

Pengaruh Daya Ledak Otot Tungkai, Kelincahan, Dan Percaya Diri Terhadap Kemampuan Tendangan Sabit Atlet Pencak Silat. Penelitian Tesis Magister, Leader: Nurul Ihsan, Implementation Year: 2021

Desain Instrumen Kecepatan Tendangan Dalam Pencak Silat Dengan Sasaran Dinamis. Penelitian Tesis Magister, Leader: Nurul Ihsan, Implementation Year: 2020

Pengembangan Media Pembelajaran Penjasorkes Berbasis It. Penelitian Tesis Magister, Leader: Nurul Ihsan, Implementation Year: 2020

Pengembangan Sistem Penilaian Digital Board System Pada Olahraga Tarung Derajat. Penelitian Unggulan Perguruan Tinggi Pengembangan, Leader: Alnedral, Implementation Year: 2020

Rancang Bangun Instrumen Kelincahan Pencak Silat Berbasis Digital. Penelitian Tesis Magister, Leader: Nurul Ihsan, Implementation Year: 2020

Evaluasi Program Pembinaan Prestasi Olahraga Beladiri Tarung Derajat Pengrov Kodrat Riau. Penelitian Tesis Magister, Leader: Alnedral, Implementation Year: 2020

Pengembangan Instrumen Kondisi Fisik Pencak Silat Berbasis Teknologi. Penelitian Tesis Magister, Leader: Nurul Ihsan, Implementation Year: 2019

Pengembangan Instrument Daya Tahan Kecepatan Atlet Pencak Silat Remaja. Penelitian Unggulan Perguruan Tinggi Dasar, Leader: Suwirman, Implementation Year: 2019

Pengembangan Instrumen Kesegaran Jasmani Berbasis Sensor. Penelitian Tesis Magister, Leader: Nurul Ihsan, Implementation Year: 2019

Pengembangan Media Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan. Penelitian Tesis Magister, Leader: Zalfendi, Implementation Year: 2019

Community Service of the Last 5 Years

Pusat Layanan Tes Pengukuran Kondisi Fisik. Program Pengembangan Usaha Produk Intelektual Kampus (ppupik), Leader: Nurul Ihsan, Implementation Year: 2022

Pusat Layanan Tes Pengukuran Kondisi Fisik. Program Pengembangan Usaha Produk Intelektual Kampus (ppupik), Leader: Nurul Ihsan, Implementation Year: 2021

Ppk Kewirausahaan Mahasiswa Fakultas Ilmu Keolahragaan Jurusan Pendidikan Olahraga. Program Pengembangan Kewirausahaan (ppk), Leader: Nurul Ihsan, Implementation Year: 2020

Ppk Kewirausahaan Mahasiswa Fakultas Ilmu Keolahragaan Jurusan Pendidikan Olahraga. Program Pengembangan Kewirausahaan (ppk), Leader: Nurul Ihsan, Implementation Year: 2019

IPR's of the Last 5 Years

Buku Petunjuk Pelaksanaan Pelaksanaan Tes Kelincahan Atlet PEncak Silat Berbasis Digital. Inventor: Nurul Ihsan, Januar Sahri, Publication Date: 2021-12-01

Buku Petunjuk Pelaksanaan Alat Ukur Kecepatan Tendangan Pencak Silat Dengan Sasaran Dinamis. Inventor: Nurul Ihsan, Alfi Muharel Effandy, Publication Date: 2022-01-03

The Validity Of Kick Speed Instrument Design With Dynamic Targets In Pencak Silat. Inventor: Alfi Muharel Effandy dan Dr. Nurul Ihsan, M.Pd, Publication Date: 2021-02-01

BODY PROTECTOR SCORRING SYSTEM DALAM PENCAK SILAT. Inventor: Ahmaddul Hadi, S.Pd, M.Kom ,Dr. Nurul Ihsan, M.Pd ,Dr. Yulkifli, S.Pd, M.Si, Publication Date: 2021-11-19

Pengembangan Sistem Penilaian Digital Board System Pada Olahraga Tarung Derajat. Inventor: Alnedral, Nurul Ihsan dkk, Publication Date: 2020-05-09

Pengembangan Sistem Penilaian Digital Board System Pada Olahraga Tarung Derajat. Inventor: -, Publication Date: 2020-05-09

Buku Panduan Instrumen Tes Daya Ledak Tendangan Berbasis Digital. Inventor: Nurul Ihsan, Bafirman, Asep Sujana, Anton Yus Permana, Publication Date: 2020-10-25

INSTRUMEN KELINCAHAN ATLET PENCAK SILAT BERTEKNOLOGI DIGITAL. Inventor: Januar Sahri, S.Or, M.Pd, AIFO; Dr. Nurul Ihsan, S.Pd, M.Pd; Prof. Dr. Bafirman, M.Kes, AIFO; Dr. Asep Sujana Wahyuri, S.Si, M.Pd, Publication Date: 2020-12-06

Book of the Last 5 Years

Teknologi dalam pembelajaran pencak silat. ISBN: 9786233725675, Publisher: Rajawali Pers, Year: 2022

Teknik dan metode pembelajaran petanque. ISBN: 9786233725682, Publisher: Rajawali Pers, Year: 2022

Micro teaching. ISBN: 9786232312883, Publisher: Rajawali Pers, Year: 2020
