

## ABSTRACT

### THE PHYSICAL CONDITION OF BOTH HANDBALL ATHLETES SUMENEP REGENCY IN PREPARATION OF EAST JAVA PROVINCE SPORTS WEEK (PORPROV VII) 2022

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Keywords: physical condition of handball athletes

This study aims to determine the physical condition of male handball athletes in Sumenep district in preparation for the provincial sports week (PORPROV VII) East Java in 2022.

This study uses a descriptive quantitative research type with survey methods, data collection uses measurement tests. This study uses one variable without making comparisons or connecting with other variables. The sample of this research is 13 male handball athletes from Sumenep district who will take part in porprov. This research instrument uses tests and measurements. The data analysis technique used in this study used quantitative descriptive analysis techniques.

The results of this study indicate that the results of the strength test (*Push Up*) in the poor category are 61.53%, the speed test (running 30 meters) in the very good category 92.30%, the leg muscle explosive power test (*vertical jump*) in the very good category. 100%, endurance test (*bleep tst*) in very good category 46.15% and good category 46.15%.