

ABSTRACT

Physical Condition of Sumenep Regency martial arts Athletes in Preparation for East Java Provincial Sports Week (Porprov VIII) in 2023. Irawan Agustin, Yuli
Keywords: Strength Test, Speed Test, Agility Test, Pulmonary and Cardiac Endurance Test, martial arts.

This research uses quantitative descriptive research which describes the findings regarding data obtained in the field. The method used in this research is a survey method using data collection techniques in the form of tests and measurements. In this case, researchers collected data on measurement test results obtained using tests of the physical condition of pencak silat athletes.

The results of the research showed that in this study the arm muscle strength test of martial arts athletes in this study obtained an average of 60% (3 athletes) in the East Java provincial pencak silat athletes in the sufficient category, 40% (2 athletes) in the poor category. The results of the 30 meter running speed test showed that the average speed recorded by East Java provincial martial arts athletes was 20% (1 athlete) in the very good category, 40% (2 athletes) in the good category, 40% (2 athletes) in the fair category. The results of the agility test for martial arts athletes showed that the average agility possessed by East Java Province Pencak Silat was 20% (1 athlete) in the very good category, 20% (1 athlete) in the good category, 40% (2 athletes) in the fair category and 20 % (1 athlete) is in the very low category. The results of the martial arts endurance test showed that the percentage of heart and lung endurance possessed by martial arts athletes from East Java province was 20% (1 athlete) in the sufficient category, 80% (4 athletes) in the good category. It can be concluded that strength tests influence the physical condition of martial arts athletes.