

ABSTRACT

Survey of Physical Condition of Athletes Petanque District of Sumenep on Preparation of Provincial Sports Week (PORPROV) VIII East Java Year 2023:2024. Islamiyah, Nur

Keywords: Survey, Physical condition, Petanque

The point of this researcher is to find out the efforts made by the petanque athletes of sumenep district on the preparation of PORPROV VIII East Java 2023.

The research method used is the survey method with test and measurement techniques. The data analysis techniques in this study are descriptive quantitative. The population in this research is the petanque athlete sumenep district who followed PORPROV VIII Jatim 2023 and the sample in the study is 10 athletes. The instruments in the research are physical condition tests that include components namely; arm muscle strength test, body endurance test, balance test, fitness test and hand coordination test in petanques district sumenap.

The results of the research obtained by petanque athletes sumenep district on the preparation of PORPOV VIII Jatim 2023 on the muscle strength test of the arms of 7 athlete (70%) in the category of very little and 3 athletes (30%) in category of less, the body strength test 5 Athletes (50%) in medium category and 5 athlètes (50% in category less, balance test of 9 athletics (90%) in very good category and 1 Athlete (10%) in good category, the qualification test of 6 athleten (60%) in great category, 2 athlete (20%) in Good category, and 2 at the category sufficient, the test of coordination of the hands of 7 Athleten (70% in the middle category and 3 Athlète (30%), in Good Category.