

## ***ABSTRACT***

### **Anthrophometry And Physical Fitness Profile Of Students Participating In Extracurricular Basket Ball High School 1 Lenteng Sumenep**

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**Keywords** : Anthropometrics, Physical Fitness, Extracurricular, SMAN 1 Lenteng Sumenep.

This study aims to determine the anthropometric profile and physical fitness of students participating in extracurricular basketball at SMAN 1 Lenteng Sumenep. The method used in this study is a descriptive method with a sample of 10 students. Measurements include height (anthropometry), predicted VO2 Max (endurance), 30-meter running speed, and number of push-ups (arm muscle strength). Data were analyzed using descriptive statistics and t-score interval ranges.

The results showed that the average height of students was 178.5 cm with a standard deviation of 2.27 cm, most of whom were in the moderate category. The average VO2 Max prediction was 41.6 ml/kg/min with a standard deviation of 3.47 ml/kg/min, also most of whom were in the moderate category. The average 30-meter running speed of students was 4.24 seconds with a standard deviation of 0.41 seconds, the majority of whom were in the moderate category. The average arm muscle strength is indicated by the number of push-ups as many as 50.8 times with a standard deviation of 15.16 times, most of which are in the moderate category.

The conclusion of this study is that the physical fitness profile of students participating in extracurricular basketball at SMAN 1 Lenteng Sumenep is generally in the moderate category.