

ABSTRACT

PHYSICAL CONDITION SURVEY OF PBV VOLLEYBALL ATHLETES YOUNG PIONEERS OF PAMEKASAN IN 2023

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Keywords: Physical Condition, Volleyball, PBV Pelopor.

As with the components above, each sport requires different physical components to adjust their dominant movements on the field. Volleyball is a sport that requires an element of physical fitness so that athletes can perform well in the game. The physical condition of a volleyball player includes strength, speed, agility, endurance, flexibility and power. This research is descriptive, namely research that aims only to discover the condition of an object or event without the intention of drawing general conclusions. The method used in this research is a research method using testing techniques and measuring the physical condition of volleyball athletes.

This research shows that the physical condition of PBV Pamekasan Young Pioneers volleyball athletes is in the "fair" category for most of the parameters measured. Although these results indicate that the athletes are in adequate physical condition, there is still room for improvement through a more structured and intensive training program. Implementation of an appropriate training program, based on theory and previous research findings, is expected to improve the physical performance of athletes in volleyball competitions.

The conclusion of this study is as follows: 1. The average running speed of PBV Pelopor Muda Pamekasan volleyball athletes is in the "sufficient" category with an average time of 4.9 seconds. 2. The average jump height of PBV Pelopor Muda Pamekasan volleyball athletes is 56.5 cm, which is also in the "sufficient" category. 3. The agility of PBV Pelopor Muda Pamekasan volleyball athletes averages 15.5 seconds, which is in the "sufficient" category. 4. The arm muscle strength of PBV Pelopor Muda Pamekasan volleyball athletes averages 28.5 times, which is in the "sufficient" category. 5. The average VO2max of PBV Pelopor Muda Pamekasan volleyball athletes is 48.3 ml/kg/minute, also in the "sufficient" category.