

ABSTRACT

PHYSICAL CONDITION OF WOMEN'S BEACH VOLLEYBALL ATHLETES IN SUMENEP REGENCY IN PREPARATION FOR THE EAST JAVA PROVINCIAL SPORTS WEEK (PORPROV VII) IN 2022

**ULIYA IRA SOFIYANA
18852011A001938**

Keywords: Physical Condition, Beach Volleyball, PORPROV

This study aims to clearly determine the physical condition of women's beach volleyball athletes in Sumenep Regency in preparation for the East Java Provincial Sports Week (PORPROV VII) 2022. The components of the physical condition studied include speed, explosive power, strength, agility, and endurance.

This research is quantitative descriptive. The method used in this study is a survey method with test and measurement techniques. The population in this study were all female beach volleyball athletes in Sumenep Regency, totaling 7 athletes. Instruments to measure speed using a 30 meters run, explosive power using a vertical jump, strength using push-ups, agility using a shuttle run, and endurance using a bleep test. Data analysis in this study used quantitative descriptive analysis techniques presented in the form of percentages.

The results of this study indicate that the physical condition of the women's beach volleyball athletes in Sumenep Regency in the preparation of the East Java Provincial Sports Week (PORPROV VII) in 2022 is that there are 0 athletes (0.00%) in the very good category, 3 athletes (42.86%) in the good category, 1 athlete (14.28%) in the sufficient category, 3 athletes (42.86%) in the poor category, and 0 athletes (0.00%) in the very poor category.