

## ABSTRACT

Survey on the Physical Condition of the Athletes of the Public Junior High School 1 Masalembu 2020/2021 Football Team. Ahmad Rizal Saifuddaini

Keywords: Physical Condition Level, Sepak Takraw Team Athletes.

This research is motivated by the achievements of the takraw team of SMP Negeri 1 Masalembu which have won several achievements but the physical condition of the athletes is still said to be not good. This study aims to determine the level of physical condition of the takraw team athletes at SMP Negeri 1 Masalembu in 2020/2021.

This research is a quantitative research with a descriptive analysis approach using a survey method, the data collected is done by carrying out tests and measurements. The subjects in this study were the Athletes of the Takraw Team at SMP Negeri 1 Masalembu 2020/2021. The number of athletes consists of 20 participants. The instruments used are: 1) Abdominal muscle strength as measured by sit-ups for 30 seconds; 2) Endurance is measured using a multi-state fitness test; 3) Agility as measured by a 10 meter shuttle run. The data presented using descriptive statistics and using bar charts.

The results showed that the level of physical condition of the takraw team athletes at SMP Negeri 1 Masalembu seen from the study for abdominal muscle strength reached the less category (55%), endurance was in the very poor category (40%), and agility was in the good category (90%). Then the results of the overall ability level of the athlete's physical condition at SMP Negeri 1 Masalembu were declared to be less.