ABSTRACT

HERMAN.2015.SKRIPSI. PHYSICAL CONDITION ANALYSIS OF STUDENT SMA Negeri 1 ROCK STUDY PARTICIPANTS IN EXTRACURRICULAR SOCCER, Prodi PHYSICAL EDUCATION HEALTH AND RECREATION STKIP PGRI SUMENEP.

Keywords: Physical Condition of Extracurricular Football

Football is one sport that is much-loved by the public and played by the public and even the whole society, whether children, adolescents or adults even by women. Football today has been a lot of progress, change and rapid development, both in terms of physical, technical, tactical, and mental player itself. Therefore, each player must have a good physical condition and primed, to be able to show games that exist in football with a maximum capability. The physical condition of the athlete plays a very important in the training program.

This research is a quantitative study with descriptive quantitative approach, the research aims to explain, summarize a variety of conditions, situations, or various variables that arise in the community which is the object of research was based on what had happened. The data source is the subject of where the data can be obtained in the form of objects or motion or process anything. The data taken is data obtained from the results of the test and measurement components of the physical condition of students of SMAN 1 Batuan study on extracurricular participants who have been practicing football.

Results of research conducted on the student participants ektrakulikuler football SMA 1 rocks on analysis of the level of physical condition with an average test speed to run 30 meters into the category of being with the overall result of 5.41 seconds with a standard deviation of 0.34 seconds, average results -rata agility tests run back and forth 40 meters included in both categories with the overall result of 12.89 seconds with a standard deviation of 1.15 seconds, the average yield durability VO2 Max in the category was the overall result of 38.73 ml / kg / min with a standard deviation of 4.93 ml / kg / min, the average test results in the category of less balance with the overall result of 20.70 seconds with a standard deviation of 17.28 seconds.