

## ***ABSTRAK***

### ***LEVEL OF PHYSICAL CONDITION OF SON STUDENTS PARTICIPANTS FUTSAL EXTRACURRICULAR OF SMAN 1 ARJASA IN 2019.***

***ABD. RAHIM***

Keywords: Physical Conditions, Extracurricular, Futsal.

ARJASA STATE 1 High School starting from 2015 until now has not been able to provide optimal performance for ARJASA STATE 1 High School, as evidenced by disappointing results when participating in the 916 cup futsal championship in 2019 which could only qualify in the group phase. Student performance when competing even though physical condition has a very important role when playing \ competing to achieve good performance, indeed prime conditions are not always promising for success, but not having good physical conditions almost always tends to lead to failure in matches. The aim of this study is to find out the level of physical condition of male students participating in futsal extracurricular activities at SMAN I Arjasa 2019.

The method in this research is quantitative descriptive research. The subjects of this study were male students participating in futsal extracurricular activities at SMAN 1 Arjasa in 2019, totaling 25 students. This research is quantitative descriptive. The instruments used in this study were agility test, speed test, MFT test and vertical jump test.

The results of the physical condition of futsal extracurricular participants in Arjasa SMAN 1 2019 which included an average agility test of 15.30 with less calcification, an average speed test of 7.61 with a good calcification, an average MFT test of Vo2 Max 38.56 with a Medium classification, and a vertical jump test with an average of 44.84 with a Medium classification. So it can be concluded that the average physical condition of futsal extracurricular participants in SMAN 1 Arjasa in 2019 is classified as medium.