

ABSTRAK

We cannot deny that sports activities that we do will get an invaluable benefit, namely improving physical condition and physical fitness as an important aspect of health. The emergence of awareness of the importance of sports activities in everyday life is very encouraging. This is closely related to the purpose of the activity itself, namely for physical education, to improve fitness.

Extracurricular is a place for students to appreciate their abilities so that students are able to excel beyond general subjects. Regarding sports, the physical condition is very important because physical conditions are the basis of a sporting prefix of achievement. From several physical potential components of physical fitness, researchers took four components to study, namely 1) VO₂max endurance, 2) agility, 3) speed, 4) leg muscle explosive power.

The purpose of this study was to determine the physical potential of physical fitness of students participating in futsal extracurricular activities at Sumenep 2 Public Middle School with a sample of 20 people. The method used is descriptive quantitative method, while the technique of data collection is done by tests which include: MFT (Multistage fitness test), running back and forth 40 meters (shuttle run), running 50 meters and jumping without a prefix.

Conclusion: The results of this study can be summarized as follows: (a) The results of the Vo₂max endurance test are 2 students with a percentage of 10% in the category of "Very Poor", as many as 17 students with a percentage of 85% in the category "Less", as many as 1 student with a percentage of 5% included in the category of "Medium". (b) The results of the agility test as many as 2 students with a percentage of 10% fall into the category of "Very Poor", as many as 3 students with a percentage of 15% included in the category "Less", as many as 10 students with a percentage of 50% included in the category "Medium", as many 4 students with a percentage of 20% included in the category "Good", as many as 1 student with a percentage of 5% included in the category "Very Good". (c) speed test results of 5 students with a percentage of 25% in the category "Less, as many as 6 students with a percentage of 30% in the category of " moderate ", as many as 6 students with a percentage of 30% category" Good ", as many as 3 students with a percentage of 15% category" Very well. (d) The results of the limb muscle explosive test results as many as 4 students with a percentage of 20% in the category of "Less", as many as 2 students with a percentage of 10% included in the category "Good", as many as 14 students with a percentage of 70% included in the category "Very good "

Keywords: Physical condition, extracurricular