MOH. FADLILLAH. 2019. Thesis. SURVEY OF THE PHYSICAL CONDITION OF THE SUMENEP OFFICE OF FUTSAL CLUB OF SUMENEP OF 2019, PROGRAM FOR STUDY OF HEALTH EDUCATION AND RECREATION OF STKIP PGRI SUMENEP.

Abstract

Keywords: Survey, Physical condition, Futsal

Futsal Club Kantorpos is one of the futsal clubs that take shelter in the post office agency in Sumenep Regency, which has only been established for the past two years, the average futsal club players are employees at the Sumenep district post office. To maintain physical condition and improve their abilities, the futsal club pos office is practicing once a week at Masita Kebun Agung Square From the results of the author's interview with one of the official futsal club offices that there have been a number of tournaments and championships that have been participated, but it has not shown a proud achievement. The purpose of this study was to determine the Physical Condition Level of the Office Futsal Club in 2019.

The method in this research is quantitative descriptive research. The researcher wants to describe the facts in the form of the physical condition of the futsal office player. The subjects of this research were 10 post office futsal players. The instruments used in this study were MFT test, sit-ups, speed and agility.

The results of the study that the results of the MFT (Multystage Fitness Test) obtained an average of 38.11 with less classification, sit-up tests obtained an average of 34.3. with poor classification, speed test (run 30 meters) obtained an average of 4,695 with moderate classification and agility test (Shuttle Run) obtained an average of 15.59 with poor classification. so it can be concluded that the fortune of Pamekasan FC soccer players is in the medium category. the level of physical condition of the futsal club office of Sumenep in 2019 falls into the category of less average.