

**ROLE OF PHYSICAL FITNESS VITAL CAPACITY OF PULMONARY STUDENT SON FORCE Prodi IKOR  
FIK UNY 2014**

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ABSTRACT

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The purpose of this research is to determine the role of physical fitness to the lung vital capacity Prodi male students FIK UNY Cor force in 2014.

The research design was correlational, which is intended to detect the extent of variations on a factor associated with other variations based on the correlation coefficient. The population in this study were male students FIK UNY Prodi Cor force in 2014, while the sample is students who take courses in exercise physiology and actively participates in college, so-called purposive sampling (sampling technique aims). The instruments used in data collection of physical fitness with a test run as far as 2.4 km from Cooper, and the vital capacity of the lung with a spirometer. Data analysis techniques with Product Moment Correlation with the prerequisite test of normality and linearity.

The results showed that there is a significant role of physical fitness to the lung vital capacity Prodi male students FIK UNY Cor force in 2014.

Keywords: Fitness physical, vital lung capacity

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