

PHYSICAL PERFORMANCE CONDITION OF REGIONAL TRAINING CENTER ATHLETE FOR YOGYAKARTA SPECIAL REGION PRE PON (NATIONAL SPORT WEEKS)

by Devi Tirtawirya, Tomoliyus, Rumpis Agus Sudarko

ABSTRACT

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Abstract

Knowing and always controlling the physical condition of athletes is very necessary in the process of focusing on sports achievement training, because it is important for a coach to make an exercise program and know the strengths or weaknesses of athletes in the face of matches. Therefore periodic physical tests need to be carried out by the parent organization and coach so that athlete's physical condition is as good as it is expected during the competition.

This research is an observational study using a test. Data were obtained by performing an aerobic endurance test using the Multy Stage method conducted in the KONI DIY (Yogyakarta National Sport Committee) for all 2019 pre-PON Puslatda athletes at level 1 and level II. The test results are used as the data to be analyzed to give an idea of ??the athlete's true state.

The results suggested that athlere's VO2max from all branches was below the national or international targets specified. From the data obtained, there was an average of 6-36 cc / kg bw / minute, and it varied from each sport obtained by the initial test. It can be finally concluded that athletes in DIY Puslatda in this case were lacking endurance and they were declared unable to compete in the actual match.

Keywords: Performance, VO2Max, DIY Athletes

Kata Kunci: *Performance, VO2Max, DIY Athletes*