

DESCRIPTION OF PHYSICAL FITNESS AND HEALTH KNOWLEDGE PRIMARY STUDENTS TRAINEES volleyball EARLY AGE CLUB volleyball STEEL 78

by Fatkurahman Arjuna, M.Or, Yuyun Ari Wibowo, M.Or

ABSTRACT

ABSTRACT

The background of this research problem is the provision of information to the trustee will be physical fitness and personal health knowledge. while the goals this study was to determine the Physical Fitness and Knowledge Health Elementary Students Early Childhood Participants Exercise volleyball club volleyball Baja 78.

This research is a descriptive survey method. Subject

The subject of research studies as much as 56, consists of 27 students and 29 students daughters son. Instrument research for physical fitness tests using TKJI, while the instruments for their knowledge of health shall use tests knowledge about health. The data obtained are quantitative data in the form of a score of 1- 4. Scores are then summed and the results were compared with a total score which is expected to obtain a percentage. Then the percentage obtained translates into qualitative.

Physical fitness of elementary school students trainees early age volleyball club volleyball Baja 78 Bantul, splendidly 0 categories of students, both 10 students, while 26 students, less than 17 students, and Class 3 student. As for knowledge Personal health primary school student trainees volleyball club volleyball early age Baja 78 Bantul is the category of excellent 42.86%, good 50%, just 7.14% and 0% to the poor category.

Kata Kunci: *Physical Fitness, Personal Health Sciences*