

Contributions of Physical Condition to Gymnastics Basic Skills of PKO FIK UNY Students 2018

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ABSTRACT

Background: The lack of maximum learning outcomes of PKO students who take part in the skills and exercises for evaluation is a subject of evaluation. Researchers try to find out the factors that cause less than optimal learning outcomes. Objective: the purpose of this study is to determine the contribution of physical conditions to basic skills in gymnastics. The sample of this research was all PKO students who took 84 basic skills courses, the sampling technique used was population sampling. The instruments used in this study were biomotor tests and skills tests. Result: that overall physical condition contributes to the mastery of basic gymnastic skills. Of the seven independent variables, it was proven that those who had a significant contribution ($p < 0.05$) to the basic skills of PKO FIK UNY gymnastics students were Standing Balance, Vertical Jump, Push Up 60 seconds, and Sit Up 60 seconds. The Stand and Reach, Broad Jump, and Side Step Agility did not have a significant contribution ($p > 0.05$) to the basic skills of PKO FIK UNY gymnastics students.

Kata Kunci: *physical condition, gymnastic basic skill*