

# DEVELOPMENT OF PHYSICAL CONDITION TEST AND MEASUREMENT SYSTEMS

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## ABSTRACT

The success of a trainer in developing the potential of his athletes is not only being able to carry out training, but more importantly, a coach must be able to make training plans according to the conditions of the athletes, the time available, the facilities owned and the targets to be achieved. The level of knowledge of the trainer on the physical condition of the athlete is very necessary. goal: Develop a system of Tests and measurement of Physical Conditions. Design/methodology/approach: This research uses Research and Development research. The respondents of this study were test and measurement experts, media experts, and trainers. Result: The results of the study show that the system developed is valid and helps coaches in the process of collecting test data and measuring the physical condition of athletes

Kata Kunci: *Development, Systems, Tests and measurements, physical conditions*