

## **A COMPARATIVE STUDY OF PHYSICAL FITNESS IN INDONESIA AND BURUNDIAN ATHLETES**

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### **ABSTRACT**

Backgrounds: Physical fitness is something that is really needed by an athlete, by analyzing the physical fitness of athletes from Yogyakarta, Indonesia and athletes from Burundi, Africa. Purpose: analyzing the physical fitness of athletes from Yogyakarta, Indonesia and athletes from Burundi. Design/methodology/approach: This research uses descriptive quantitative research. The subjects of this study were random sampling, with 42 athletes from Yogyakarta, Indonesia and 42 athletes from Burundi from Burundi, Africa. Physical fitness instruments related to Health (Cardiorespiratory Endurance/VO<sub>2</sub>Max) in this study used 1) count jump movements (CMJ) (2) sit ups, (3) sit and reach and (4) push ups. Results: 1) the physical fitness of Burundian athletes, Africa shows that the current physical fitness status of Burundian athletes is still low, the results also show that there is a significant difference between the average physical fitness and the standard average in each variable category with a P value of 0.000, 2) fitness The physical fitness of athletes from Yogyakarta, Indonesia shows that the current physical fitness status of Burundian athletes is still low, the results also show that there is a significant difference between the average physical fitness and the standard average in each category of variables with a P value of 0.000.

Kata Kunci: *cardiorespiratory endurance, beginner athlete*