

TALENT SPORTS TEST DEVELOPMENT FOR JUNIOR HIGH SCHOOL (SMP) STUDENTS

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ABSTRACT

This study aims to develop a sports talent test model for junior high school students, so that it can be used as a guideline in finding talent for potential athletes at the junior high level.

This type of research is research and development (R&D). The research began with the drafting of a sports talent test model for junior high school students, validation of the model by experts. The next stage is the small scale test and the large scale test which is carried out in junior high schools that hold Special Sports Classes in DIY. The contents of the Sports Talent Test model for scouting junior high school students consist of Anthropometry (TB and BB), Biomotor: (1) Flexibility test (Sit and Reach); (2) Speed ??(40 meter sprint); (3) Standing balance; (4) Leg Power (Vertical Jump); (5) Agility (side steps); (6) Power Arm (Push Up); (7) Abdominal Strength (Sit Up); (8) Reaction Speed ??(WBR); (9) Muscle Endurance (Wall Seat); (10) Aerobic endurance (MFT) and sports specific skills.

The results of research and development in the form of sports talent test models for junior high school students. The sports aptitude test model for junior high school students arranged is considered feasible to be used as a model of giftedness for junior high school students.

Kata Kunci: *talent sports test, middle school students*