

HAJJ HEALTH OFFICE PRIVATE VOCATIONAL SCHOOL, SEE FROM THE ASPECT OF LUNG-HEART RESISTANCE, BMI, FATS PERCENTAGE, AND BODY AGE

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ABSTRACT

This study aims to determine the profile of prospective Hajj Health Officers viewed from cardiorespiratory specs, BMI, Fat Percentage, and Body Age.

This research is a descriptive analytic research, the approach used is cross sectional, which is the collection of variables that are done one time, only once. The population of this study involved all prospective Hajj Health Officers in the Yogyakarta City area in 2018. The samples used in this study were 31 people. The data collection technique uses the Rockport test, BMI, fat percentage, and body age.

Data were analyzed by SPSS program computer aids, to get an overview of results with frequency distribution. Based on research data, most respondents had adequate cardiac endurance in as many as 22 people (71%), BMI overweight category as many as 15 people (48.4%), normal fat percentage as many as 19 people (61.3 %), and Body Age as many as 71% fall into the category older than their actual age.

Kata Kunci: *cardiac-endurance, BMI, fat percentage, body age*