

The Status Of The Physical Condition Of The Athlete Puslatda PON XIX KONI DIY Physical Standards Against Each Group Sports

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ABSTRACT

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This research aims to know the status of the physical condition of the athlete training centre PON XIX KONI DIY 2016 against physical standards of each group sports. And as a consideration in determining the eligibility of athletes in following PON XIX in West Java (standard limit specified each sports).

This type of research is the description with the techniques to the test, using the services of a computer to find the average of each of the test items. The population is training centre of athletes throughout the PON XIX KONI DIY 2016. The sampling technique was purposive sampling qualified: (1) the athlete not being followed the centrality of national exercise, (2) athletes are not being followed the championship/ try out, (3) athletes were not injured. With the number of sample 42 cabor and 289 Puslatda athletes.

Results of the study are as follows: (1) groups sports of martial arts: (a) the speed of the reaction is very good standard, (b) sufficient power under the standard, (c) the power of very good standards, (d) VO2 max. less below standard, (e) agility very good standard, good agility under standard; (2) a group of teutonic sports: (a) the speed of the reaction is very good standard, (b) sufficient power under the standard, (c) the power of very good standards, (d) VO2 max. less below standard, (e) agility very good standard, good agility under standard; (3) the group sports race: (a) less power under the standard, (b) the power of a good standard, (d) VO2 max. very less below standard, (e) ability according to standards; (4) the group sports Soft Skill: (a) the power of a good standard, (c) ability good standard.

Key Words: Physical Condition Status, Athletes, training centre PON XIX

Kata Kunci: *Physical Condition Status, Athletes, training centre PON XIX*