

# MAXIMUM OXYGEN VOLUME LEVELS AND OXYGEN SATURATION ATHLETES OF PUSLATDA PON XXI DIY

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## ABSTRACT

Abstract. This research aims to determine the level of oxygen volume and oxygen saturation of the PON XXI DIY Puslatda athletes.

This research is quantitative descriptive research using survey methods with tests and measurements. The subjects in this research were PON XXI DIY Puslatda athletes, totaling 41 athletes from 14 sports. The data analysis technique used in this research is quantitative descriptive analysis expressed in percentage form.

Research shows that the level of Maximum Oxygen Volume ( $VO_2$  Max) in Puslatda Pra Pon DIY athletes is in the good category as many as 2 people (4.9%), in the sufficient category as many as 4 people (9.7%), in the poor category 17 people (41.5%), which was categorized as very low, 18 people (43.9%), while the oxygen saturation in the Puslatda Pra Pon XXI DIY athletes was all in the normal category (100%).

Kata Kunci: *VO2 max, oxygen saturation, Puslatda, PON XXI DIY.*