Advances in Social Science, Education and Humanities Research, volume 513
4th Sriwijaya University Learning and Education International Conference (SULE-IC 2020)

The Fitness Level of Physical Education Student

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ABSTRACT

This research objectives to determine the levelof physical fitness and sports potential of each branch in Physical Education Sriwijaya University 2019/2020 students. This research is astudy with a survey method and 70 students of Physical Education Sriwijaya University 2019/2020 as samples. Variable physical fitness capacity was measured using a bleep test instrument, the data were analyzed by descriptive statistical categories. The final data showed that 2 students (2.8%) were in average physical category, 14 students (20%) were in fair physical category, 54 students (77.14%) were in poor physical category, while good and excellent categories were absent (0%). While the potential results of each sport are 43 games (61.42%), 5 athletics (7.14%), 17 martial arts (24.28%), and other sports (gymnastics, fencing, archery, rowing and swimming) 1 student (4.28%). The level of physical fitness will be used as the basis for the Sriwijaya University Physical Education Department in developing student sports talents in the future.

Keywords: *Fitness level, Physical education, Student.*

1. INTRODUCTION

The Physical Education study program is one of the programs at Education Department in Sriwijaya University, which is oriented to producing professional educators in physical education, sports and health studies. Physical education and sport is a physical activity, which starts from seeing and doing a movement, through physical activity routinely adapting muscles and physiology. According to Victor [15], the Physical Education Process is the interaction between students and the environment, which is managed through physical activities to improve cognitive motor skills, affective, and social values with good physical fitness.

Physical fitness is a condition that is owned or achieved by a person and its relation to ability is to do physical activity. Research that have done by Fagaras [4] and Warburton [16], physical fitness relates to health when physical activity can be carried out without excessive fatigue. Then the research that done by [1], Kwan [9] and Sigmundova [11] shows there are significant differences in physical fitness of men and women.

Physical fitness is the ability to do work or activities, enhance work power without experiencing significant fatigue [2]. Meanwhile, according to Soekarman [12], physical fitness is the body's ability to adjust the functions of body tools to physiological limits with environmental conditions or efficient physical work without excessive fatigue.

Based on the fitness theory above, the researcher will examine the physical fitness of students who will study in the Physical Education study program in Sriwijaya University as a policy direction in preparing the curriculum in the future.

The formulation of the problem in this study are how physical fitness level of Physical Education students in Sriwijaya University 2019/2020 and how potential the students of Physical Education in Sriwijaya University 2019/2020.

The purpose of this study was to determine the level of physical fitness and sport potential of Sriwijaya University Physical Education students for the 2019/2020. The following are the potential sports branches of Physical Education students in Sriwijaya University.

The results in this research linear with the research that done by Trudeau [14] and Gavrilov [7]

that the potential of sports is closely related to the level of physical fitness of students. The level of physical fitness affects the potential of sports in the physical education students of Sriwijaya University [9].

Table 1. Description of the potential sports based on the research results

Sports	Frequency	%
Games	43	61.429
Athletics	5	7.143
Martial Arts	17	24.286
Others	5	7.143

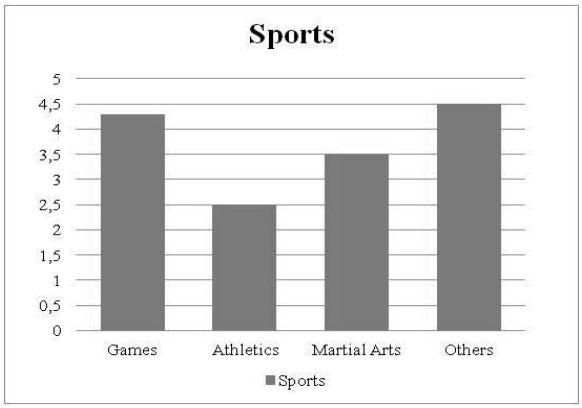

Figure 1. Diagram of potential sports

The results of the diagram above are in line with research by Yatar [17] and EL Gyland [4] that physical activity has the potential to encourage the appearance of sports activities to be better. Then research conducted by Botagariyev [3] and Maher [14], physical education in sports is very important component to develop the potential of athletes.

2. METHOD

This research uses descriptive research methods and survey. Data collection techniques are tests and measurements. This study is ex post facto. Comparative causal research, also called ex post facto research, is a systematic empirical investigation and scientists cannot direclycontroled the independency of variables, because the existence of these variables has occurred and variables cannot be manipulated [5], [8].

Based on the above quotation, it can be concluded that this type of ex post facto research is that the researcher only sees things as they have before, without any attempt to manipulate the independent variables. The research was conducted at Physical Education campus in Indralaya and Palembang with a study period of July - October 2019, and 70 students as samples. The data analysis technique uses quantitative descriptive with percentages. Then, the data were analyzed by categorizing the physical fitness level.

3. RESULT AND DISCUSSION

Retrieval of data using the field test survey method. The test is used to obtain data on the level of physical fitness of the Physical Education students in Sriwijaya University. From the results of the assessment, the tests that have been carried out obtain the following results:

Table 1. Description the level of physical fitness

Category	Maximum Score	Minimum Score	Frequency	%
Excellent	-	-	-	-
Good	-	-	-	-
Average	98	92	2	2.857
Fair	87	72	14	20
Poor	71	30	54	77.14

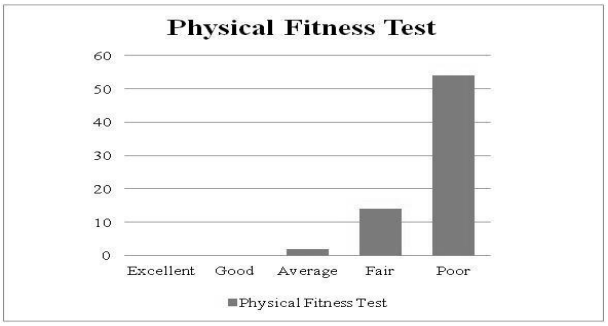

Figure 2. Diagram of Physical Test Result

Physical fitness is a basic requirement for someone doing daily activities [1]. Fitness owned by someone will have an influence on one's

performance and will also provide positive support for the work or learning process. A person's physical fitness is influenced by various factors, including physical activity and the environment [4]. Lack of student physical fitness level can interfere student activities, especially in field practice, the importance of physical fitness in maintaining health is undoubtedly, then physical fitness will get better too [5]. A healthy human and has a good level of physical fitness will be able to excel at work so that the level of productivity will increase.

Soekarman [12] and Iyakrus [11], in his research concluded that the increase in physical fitness of students is directly related to the improvement of their learning achievement. The increased of physical fitness affects health degrees, endurance learning, ability to concentrate, learning motivation, interest in learning, ability to remember, respond to lessons, student performance abilities and productivity in dealing with daily tasks as students. Likewise, Sugiyono [18], in his research results concluded that: There is a significant relationship between physical fitness and learning outcomes; There is a significant relationship between emotional intelligence and learning outcomes; There is a significant relationship between physical fitness and emotional intelligence, together, with learning outcomes.

4. CONCLUSION

Based on data analysis and discussion in the previous chapter, we can get the conclusions and recommendations. Based on category, we can concluedthat, 2 students (2.8%) were in average physical category, 14 students (20%) were in fair physical category, 54 students (77.14%) were in poor physical category, while good and excellent categories were absent (0%).While the potential results of each sport are 43 games (61.42%), 5 athletics (7.14%), 17 martial arts (24.28%), and other sports (gymnastics, fencing, archery, rowing and swimming) 1 student (4.28%). From this research, we know how the physical fitness level students of Physical Education in Siwijaya University 2019/2020. We can increase their physical fitness by training continuously and improve their each potential sports.

ACKNOWLEDGMENTS

Authors wishing to acknowledge assistance or encouragement from colleagues, special work by technical staff or financial support from organizations.

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