

Physical Fitness Test for Senior High School

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Abstract—This research aims to evaluate the degree of physical fitness of high school students in the area of Aceh Besar regency 2018 using the instruments of the TKJAB specifically developed for the area of Aceh Besar regency. The results of the analysis of data obtained summary as follows: average physical fitness student daughter was 46.88 by category very good with very good percentage as much as 96% and the remaining 4% are on good requirements. As for the average physical fitness student daughter was 38.33 by category very good with very good percentage of as much as 63% and the remaining 36% is on good requirements. Physical fitness should have already achieved was maintained, developed and in the evaluation of gradually and continuously to improve the quality of life better.

Keywords— *Physical Fitness, Senior High School*

I. INTRODUCTION

Physical fitness is one of the most fundamental objectives or expected from the process of learning of physical education conducted almost at every level of education. In the legislation of the UUD RI Number 3 2005 paragraph II explained that sports as the education is carried out as part of a process of regular and continuing education to acquire knowledge, personality, skills, health, and physical fitness. Based on the explanation of physical fitness is a benchmark successful or whether a process of physical education implemented.

Physical fitness is a condition in which a person is capable of performing a wide range of activities or tasks that he has well and when you're done still have reserves of energy to perform a variety of other activities. The physical condition is physical freshness that illustrates the potential and ability to perform physical tasks with optimal results without showing weariness which means [3]. Further physical fitness is the ability of the body to perform activities without experiencing fatigue, meaning [2]. From this statement it is clear that physical fitness is one of the necessities of human life that should be there and have real existence.

Physical fitness activity is a physical activity that can not be separated from daily life. This is due to all the daily

activities such as walking, running, throwing and jumping is a form of physical activity as implementations of a sport that can increase physical fitness. Physical fitness will bring a positive impact against the performance of someone in the work, in fact physical fitness is a condition that reflects someone to perform tasks with productive without experiencing fatigue. Physical fitness does not only include physical dimensions, but also the mental, social and emotional thus achieved an overall fitness or fitness total (total fitness).

Physical fitness is a person's ability to carry out daily tasks without experiencing fatigue which means and still have backup power carry out the construction and development of physical activity is a process learning through physical activity designed to improve physical fitness, develop motor skills, knowledge and behaviours of an active, healthy life and being Sportive. Besides physical education and health is an attempt to affect the growth and development of students towards a healthy life is physical and spiritual. The form of business activities that are scientifically, directional, and systematically compiled by the competent institution. Physical education is given to students with the aim to help and understand why human beings moved and how to perform the movement safely and effectively efisien to achieve physical fitness. The definition of physical fitness is the ability to do the work or activity without experiencing fatigue or excessive means. Physical fitness is closely associated with human activities in doing work or move. In addition also with physical fitness will be able to describe how the frequencies of a person engaged or do physical activities [4].

Learning activities are demanding physical fitness level. Without physical fitness activities, a person will become limp, less passionate, even become lack and weak, in the following learning activities teach learners must prepare to have adequate power, cause learners will continue to work to involve more brain to coordinate the involvement of sensing in learning. Such a situation even more quickly and a lot of energy, a person issued a level of physical fitness that is better will have the ability to work-more to follow activity throughout the day. As we know in every school there is the PE subjects which students are required to follow these lessons as one effort to maintain health and fitness levels enhance physical health levels karna physical

fitness and someone very in influence by or not enough to meet the needs of the movements. Satisfy the needs of the motion can be done through a variety of daily activities including PE.

Aceh Besar Regency is a Regency in the Aceh province year 2018 has 205 elementary schools scattered in 23 sub with the number of learners 2608 people residing in high class. [5]From the results of the meeting in the Forum group of physical education teacher's discussion focused on how the existence of the physical fitness of students in elementary school and by what right insrtumen and efficient solution specifically conceived for learners who are in the high class with ages 9 to 12 years.

To solve the obstacles faced required thought and actions that lead to increased physical activity policy learners well in lessons take place and after the completed hours of lessons both in school and in sports clubs parent and community sports clubs sports organization. The effect of effort carried out the panorama takes the existence of physical fitness tests for primary school learners high class and thinking of physical fitness test instrument that can give you information in a fast and easy to do. that became a goal in this research is to know the average physical fitness and classification of high grade learners in Aceh Besar District the year 2018.

Physical fitness test of Aceh Besar is an instrument developed to measure the degree of physical fitness of students in the area of Aceh Besar District by considering various aspects as well as the values characteristic of the region. Test items was developed with the purpose to improve the effectiveness and validity of measurement of implementation against the degree of physical fitness of students in the area of Aceh Besar District. Given this long learners in running the test measurements often show a negative response towards instruments which already exist. Physical Fitness test of Aceh Besar is a series of tests that are divided into four level, i.e. to the level of low grade primary school, primary school, high class, middle school to high school. The instruments of this test can improve the attitude domain with regard to taste, attitudes, participation rate, brings out the characteristics and organizing every grain of the test.

II. METHOD

The test was developed to be used as an instrument/measuring instrument in force in Aceh Besar District. Physical fitness test was developed and adapted to regional conditions and high school students throughout the territory of Aceh Besar. Physical fitness test examined and compiled for students of HIGH SCHOOL/SMK/MA. Physical fitness test, Indonesia became the basis in the preparation of the physical fitness test that will be used in measuring and determining physical fitness level learners HIGH SCHOOL/SMK/MA in Aceh Besar District.

The test is expected to be carried out properly in accordance with the rules and guidelines of the implementation of the test, so that the results of measurements of fitness learners as appropriate and reliable. Physical fitness test this, presumably can become a model of

physical fitness measurement tool that can be used in measuring and determining physical fitness learners for SMA/SMK/MA (age 16 – 19) years. Instrument measurement tool developed for the sons and daughters of learners consists of five rounds of tests i.e. test run 50 meters, the test adopted baring body elbows bend 60 seconds, alternating one foot jump test, a test sit and reach test, and run bufagon.

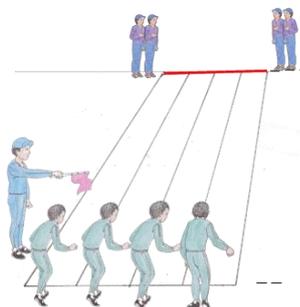


Fig. 1. Run 50 meters test

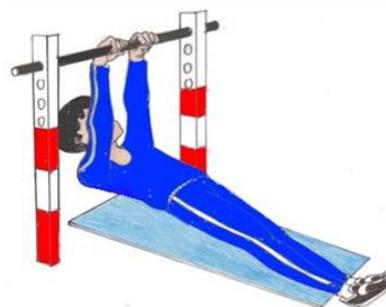


Fig. 2. Half pull up test



Fig. 3. sit and reach test

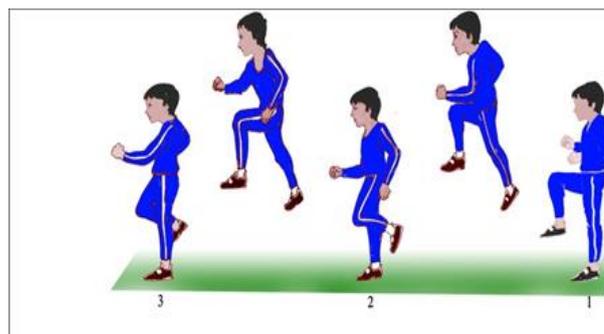


Fig. 4. alternating one foot jump test

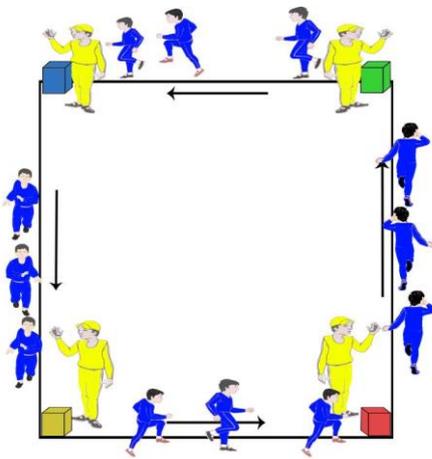


Fig. 5. Bufagon running test

This research conducted in this type of research pertained to a descriptive research that focused on solving problems that arise at present, with the type of test and measurement engineering research. The population was the entire grade in high school in Aceh Besar District totaled 2460 people scattered in schools on the territory of the region is being advanced, and less area. While the research is part of a small sample of the population representing his group numbered 66 students who are in grab of three Senior High School in Aceh Besar District by random sampling techniques.

The data collected through the tests and measurements performed in field by using instruments of the test and measurement in the form of physical Fitness tests of Aceh Besar (TKJAB) which consists of a 50 metre run speed tests, tests of lifting body baring 60 seconds, the test sit reach, test jump on one foot alternating four steps, and bufagon running test[5].

III. RESULT AND DISSCUSION

Furthermore the data have been obtained were analyzed with the statistical tests to see the average value, percentage, as well as the norms of physical fitness degree of high school students in the area of Aceh Besar 2018.

TABEL 1. PHYSICAL FITNESS NORM TEST

| No | Value | Category |
|----|---------|----------|
| 1 | 22 – 25 | Excelent |
| 2 | 18 – 21 | Good |
| 3 | 13 – 17 | Average |
| 4 | 9 – 12 | Fair |
| 5 | 5 – 8 | Poor |

The data collected through the tests and measurements of physical fitness of high school students in the area of Aceh Besar regency 2018 using the intumen test measurement TKJAB retrieved results where the average

physical fitness male student of Senior High school in Aceh Besar Regency in the year 2018 is of 46.88 by category very well with very good percentage as much as 96% and the remaining 4% are on good requirements. As for the average physical fitness female student was 38.33 by category very well with very good percentage of as much as 63% and the remaining 36% is on good requirements.

This conditions based on exposure data acquired may happen indeed because this mature awareness of the importance of physical fitness has become the concern of various parties concerned. For example one of the efforts in maintaining and meningkatakan degrees of physical fitness in students is by doing gymnastics activities routinely SKJ in formal school environment. On the other hand, the background lives of students whose parents berprofis as farmers a bit much too self-reliant and participate equitably in menjaga and improve physical fitness.

In addition the existence TKJAB measurement tool a little too much give contribution on behalf of the Trustees in physical fitness monitor the development of the learners of the school surroundings. Besides the instruments of TKJAB of physical fitness test was developed with an emphasis on the validity of the results and the properties that are fun to do, look for these students often feel tired, not interested, or not excited to do a test physical fitness with intumen-an instrument that existed previously

IV. CONCLUSION

Physical fitness is one of the main components that determine the quality of someone's work. based on the results of the acquisition and analysis of existing data can be drawn a picture of that degree of physical fitness of students senior high school level Up in the area of Aceh Besar District 2018 has been very good. These conditions must be maintained through a variety of forms of physical activity by all relevant parties.

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