

## **The Evaluation of Dominant Physical Condition of Students of Thephysical Education, Health, Sport, and Recreation Study Program at Serambi Mekkah University**

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**ABSTRACT:** Good conditions determine how long jump capacity is improved. This study aims to determine the dominant physical condition of students of the Sport, Health, and Recreation Education (Physical Education, Health, Sport, and Recreation) study program at the Serambi Mekkah University. This study is descriptive. The research included 200 students from Serambi Mekkah University at the Study Program of Physical Education, Health, Sport, and Recreation. In this study, the number of samples was 20. Random sampling was used in the sampling technique. Techniques for data collection are a dominant physical condition measured through a 20-meter run test, sit up, standing broad jump tests and sit-and-reach tests. The findings of the study's assessment are the outcomes of 20 running tests on average per category in a proper category, a sit-up test in the sufficient category, a standing wide-jump test in less categories and a sit-and-reach test in a satisfactory category.

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### **I. Introduction**

The physical condition is critical for the potential of the sport, as this aspect plays an essential part in promoting other factors. Good physical health can make a significant contribution to full achievement.

Speed, strength, explosive power, and flexibility are physical conditions that are required at a long jump. In every effort to achieve maximum jump, the four elements of the physical condition need to be trained and improved. The other parameters include (1) muscle strength, (2) endurance, (3) explosive power, (4) speed, (5) flexibility, (7) coordination, (8) balance, (9) accuracy, and (10) reaction. Sajoto (1995: 8-10).

Some physical factors that affect the quality of long jump, and among them are: speed, strength, explosive power, and flexibility will be the focus of attention in this study, speed in long jump is useful when running from the beginning, strength is useful for pulling the body curved backward, explosive power is used to obtain maximum range of motion, while flexibility is useful when floating in the air.

Athletics is one of the subjects covered by the study program of Physical Education, Health, Sport, and Recreation at Serambi Mekkah University with limited facilities and infrastructure. The difference in athletic skills can not be learned most, possibly because of limited facilities and infrastructures in athletic learning. This has an impact on the degree of material absorption intangible skills, leading to athletic learning results.

Physical Education, Health, Sport and Recreation study program at Serambi Mekkah University certainly has an athletics course taught by the lecturer, which causes the student to learn about athletic knowledge, theory and practice for one semester, but the practice in the field lecturers teach more about long jump knowledge and theory so that students of the Physical Education, Health, Sport and Recreation study program at Serambi Mekkah University lack understanding of the practice of long jump, this is caused by several factors including inadequate facilities and infrastructure.

Writers are interested in learning, prevailing physical conditions, and long jump skills in the students of Serambi Mekkah University, who undertake Physical Education, Health, Sports, and Recreation study program. It is imperative to evaluate knowledge, dominant physical status and long skills. The research primarily focused on students from the program of physical education, health, Sport and Recreation education at Serambi Mekkah University.

Based on the description above, the writer is eager to write the problem above by setting the title "The Evaluation of Dominant Physical Condition of Students of the Physical Education, health, Sport, and Recreation Education study program at Serambi Mekkah University."

### **A. The Problem Formulation**

Based on the description contained in the background, the problems in this study can be formulated as follows: "How is the Evaluation of the Dominant Physical Condition of the Serambi Mekkah University Physical Education, Health, Sport and Recreation Study Program?"

### **B. The Study Objectives**

The purpose of the study was to determine the prevailing physical conditions of the students of the Study Program of Physical Education, health, Sport, and Recreation at the Serambi Mekkah University following the formulation of the problems outlined above.

## **II. Literature Review**

According to Sajoto. (1995: 5), human life cannot be separated from motion. Human movements are a sign of a creature's life. One indicator of human activity is the daily life of men who can not be separated from the word motion. In order to be able to do all the above human beings, all these activities are possible. This is called human fitness. The human physical condition can be interpreted as the degree of human being measured carefully through physical conditions. Thus the physical condition can be interpreted as a parable or as an image of the individual state seen from the physical. Physical ability in physical activity is the ability to work organs. To support the development of psychomotor tasks, physical strength is fundamental. Skilled movements are possible if there are sufficient physical abilities.

In Sajoto's view (1995:15), if the training begins at an early age and continually based on fundamental principles of training, physical conditions can reach an optimal point of departure. The physical condition of an individual can be known through an evaluation through ability tests.

Although laboratory tests require expensive equipment, both tests should be carried out in such a way that the results of the assessment are genuinely objective. If the exercise starts early and is continuously done, the physical condition can reach an optimum point. As physical conditions are not an easy job, one has to have a training physician who is qualified to promote the physical development of all athletes without having any future effects. Good physical condition has several advantages, including being able and easy to learn relatively difficult skills, not quickly tired when attending training or matches, training programs can be completed without having many obstacles and can complete strenuous training. Physical condition is needed by an athlete, because without being supported by an excellent physical condition, peak achievement will experience many obstacles, and it is impossible to achieve high achievement, Sajoto, (1995: 41).The functioning of the organ of the body is the determination of a person's physical condition and supports physical components to encourage personal work. The components are a unit not separable to achieve maximum physical conditions. Components of the physical condition itself include strength, endurance, agility, flexibility, coordination, balance, accuracy, muscle strength, speed, and reaction. From the components of the physical condition into a single unit provides a reasonable degree of physical condition.

## **III. Study Methodology**

### **A. Approach and Type of the Study**

This study is a descriptive study with a method of survey. The study describing the circumstances, conditions, situations, events, and activities of which the results are presented in the form of study reports, is a research which is supposedly described in Suharsimi Arikunto (2010: 3). Students, therefore, take photographs of the object or region under study and then describe it in a simple and straightforward form in the form of a report.

### **B. Study Design**

In preparing the design of the study in general, it must describe as follows: (1) determine the design of the study; (2) determine population and study samples; (3) determine the instruments of the study; (4) collect data; and (5) evaluation according to purpose and nature. In general, evaluation studies use the questionnaire or interview method; the questionnaire method is part of a descriptive method that aims to find the position of the phenomenon in determining the similarity of status.

### **C. Population and Sample**

According to Sugiyono (2007: 55), the population is a generalization area that consists of objects or subjects that have specific quantities and characteristics determined by students to be studied and then concluded. The population in this study was 220 students of Physical Education, Health, Sport and Recreation program study of the Serambi Mekkah University. The sample is part, or representative of the population studied (Suharsimi Arikunto, 2002: 109).

According to Sugiyono (2007: 56), the sample is part of the number and characteristics of the population. The total number of samples in this study is 20 people. The sample using random sampling or taking all of the population.

#### **D. Data Collection Technique**

According to Lutan, (1991: 236), instruments of the dominant physical condition of the long jump are speed, strength and explosive power, flexibility. The form of the test is a 20-meter run test, Sit Up test, Standing Broad Jump test and sit and reach test.

#### **E. Data Analysis Technique**

After collecting data, the next step is to use the format percentage to process the data, which means the knowledge test for every participant after recount tests, the physical condition of the dominant person, and the ability to jump away using the formula described below.

$$\bar{X} = \frac{\sum X}{N}$$

Note:

$\bar{X}$  = Average Value

$\sum X$  = Total X

N = Sample

### **IV. Study Result**

On the basis of data from the research, the average results of sit-up tests on students in Physical Education, Health, Sport, and Recreation study program of Serambi Mekkah University are 32.1, and these results are classified by sit-up tests that are categorized as sufficiently classified according to the table. In general, it can be seen in table 4.3 the results of the dominant physical condition test of the students of the Physical Education, Health, Sport and Recreation Study Program at Serambi Mekkah University. Percentage calculation of the overall strength test of the students of the Physical Education, Health, Sport and Recreation Study Program at Serambi Mekkah University through sit-ups can be categorized as two people in the excellent category or 10%, 16 people in the sufficient category or 80%, two people in the less or 10% category.

The average result of the standing broad jump test found was 1.42; this result was categorized based on the norm table through the standing broad jump test which was in the lack category. Calculation of the percentage of all students of the Physical Education, Health, Sport and Recreation Study Program at Serambi Mekkah University through the standing broad jump test can be categorized as 20 students in the less or 100% category.

Average results of a 20-meter running test were found at 6.86, and a 20-meter running test classifies these results in the good category according to the standard table. The measurement of a 20-meter running test by a proportion of all students of Physical Education, Health, Sports and Recreation Study Program of Serambi Mekkah University can be classified as 15 students in the poor category or 75% and five good students or 25%.

The average results of the sit-and-reach tests found were 21.3. These results are categorized based on the norm table through sit and reach tests which are in the sufficient category. The percentage calculation of all students of the Physical Education, Health, Sport and Recreation Study Program at Serambi Mekkah University through the sit and reach test can be categorized as 14 students in the sufficient category or 70% and six students in the less or 30% category.

### **V. Conclusion**

Analysis of the dominant physical condition test data on the Serambi Mekkah University Physical Education, Health, Sport and Recreation Study Program students consisting of 4 test items namely the sit-up test of the students of Physical Education, Health, Sport and Recreation Study Program of Serambi Mekkah University is in the moderate category, the standing broad jump test for students of Physical Education, Health, Sport and Recreation Study Program of the Serambi Mekkah University is in the less category, the 20-meter running test for the students of the program study is in the good category, and the sit-and-reach test is in the moderate category.

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