

## ***ABSTRACT***

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Physical fitness is a person's physical ability to carry out daily activities without experiencing significant fatigue and is needed by students in the learning process. This study aims to determine the relationship between nutritional status and gender with physical fitness in class VII students of SMP Negeri 14 Tasikmalaya in the 2022/2023 academic year. The research method used is a descriptive method of correlation approach. The instruments used in this study were the Body Mass Index Test (BMI) and the Indonesian Student Fitness Test (TKPN) for children aged 13-15 years. The population in this study were class VII students of SMP Negeri 14 Tasikmalaya for the academic year 2022/2023, totaling 352 students and being sampled using the slovin technique with a significant level of 10%, namely 77 students. Based on the results of data processing and analysis, it can be concluded that there is a significant relationship between nutritional status and physical fitness in class VII students of SMP Negeri 14 Tasikmalaya. There is a significant relationship between gender and physical fitness between male and female students in class VII students of SMP Negeri 14 Tasikmalaya. There is a significant relationship between nutritional status and gender with physical fitness in class VII students of SMP Negeri 14 Tasikmalaya.

**Keywords: Relationship, Nutritional Status, Gender, Physical Fitness, Physical Education.**