

## **ABSTRACT**

AI NURSETIAWATI. 2023. *Profile of Physical Fitness Level of Volleyball Extracurricular Participants at SMP Negeri 1 Cineam*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

*Physical fitness plays a very important role in daily life, especially for students who take part in non-academic or extracurricular activities. Extracurricular participants must have good fitness to support all their activities. However, the volleyball extracurricular participants at SMP Negeri 1 Cineam lacked physical fitness. This study aims to determine the level of physical fitness of volleyball extracurricular participants at SMP Negeri 1 Cineam for the 2022/2023 academic year using the Indonesian Physical Fitness Test. This research is quantitative descriptive. The subjects of this research were 25 extracurricular participants at SMP Negeri 1 Cineam aged 13 - 15 years. The sampling technique used was a saturated sample. Based on research results starting from data collection, data processing, data analysis, and hypothesis testing, in this study the physical fitness level of volleyball extracurricular participants at SMP Negeri 1 Cineam for the 2022/2023 academic year was in the Good classification of 4% or 1 person. Moderate 60% or 15 people, Less 32% or 8 people, and Very Less 4% or 1 person. It can be concluded that the Physical Fitness Level of Volleyball Extracurricular Participants at SMP Negeri 1 Cineam for the 2022/2023 Academic Year is in the "Medium" category in the norms of the Indonesian Physical Fitness Test.*

**Keyword:** *Extracurricular, Physical Fitness, Profile*