

ABSTRAK

NITA NOVIANTI. 2023. **Analisis Tingkat Kondisi Fisik Anggota Unit Kegiatan Mahasiswa Karate (*Kumite*) Universitas Siliwangi (Studi Deskriptif pada Anggota Unit Kegiatan Mahasiswa Karate Universitas Siliwangi)**. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Kondisi fisik mempengaruhi atlet pada saat latihan maupun saat pertandingan. Oleh sebab itu penelitian ini bertujuan untuk mengetahui Tingkat Kondisi Fisik Anggota Unit Kegiatan Mahasiswa Karate Universitas Siliwangi. Penelitian ini ialah penelitian kuantitatif deskriptif. Instrumen penelitian yang digunakan ialah 10 item tes, yaitu *hand dynamometer*, *leg dynamometer*, *sit up*, *push up*, *squat jump*, *vertical jump*, *sit and reach*, *shuttle run*, *medicine ball* dan lari 15 menit. Sampel penelitian ini yaitu atlet Unit Kegiatan Mahasiswa Karate Universitas Siliwangi yang berjumlah 9 orang. Penelitian ini menggunakan teknik *purposive sampling*. Hasil penelitian menunjukkan bahwa Kondisi Fisik Anggota Unit Kegiatan Mahasiswa Karate Universitas Siliwangi berkategori kurang dengan persentase 26,66 %, berkategori cukup dengan persentase 15,55 %, kategori baik dengan persentase 20 %, berkategori baik sekali dengan persentase 18,89 %, dan berkategori sempurna dengan persentase 18,89 %. Dapat disimpulkan bahwa kondisi fisik anggota Unit Kegiatan Mahasiswa Karate Universitas Siliwangi sebagian besar berada pada kategori kurang.

Kata Kunci: Kondisi Fisik, Karate, *Kumite*

ABSTRACT

NITA NOVIANTI. 2023. *Analysis of the Physical Condition Level of Members of the Siliwangi University Karate Student Activity Unit (Kumite) (Descriptive Study of Members of the Siliwangi University Karate Student Activity Unit).* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Physical conditions affect athletes during training and during matches. Therefore this study aims to determine the level of physical condition of members of Siliwangi University Karate Student Activity Unit. This research is a descriptive quantitative research. The research instrument used was 10 test items, namely hand dynamometer, leg dynamometer, sit up, push up, squat jump, vertical jump, sit and reach, shuttle run, medicine ball and 15 minute run. The sample of this research is Siliwangi University Karate Student Activity Unit athletes, totaling 9 people. This study used a purposive sampling technique. The results showed that the physical condition of members of the Siliwangi University Karate Student Activity Unit was in the poor category with a percentage of 26.66%, in the moderate category with a percentage of 15.55%, in the good category with a percentage of 20%, in the very good category with a percentage of 18.89%, and in the category perfect with a percentage of 18.89%. It can be concluded that the physical condition of the members of the Siliwangi University Karate Student Activity Unit are mostly in the less category.

Keywords: *Physical Condition, Karate, Kumite*