

ABSTRACT

MOCHAMAD EZRA RAFANA. 2025. *Survey of Physical Fitness Level of Advance Nature Enthusiast Members of Al-Muttaqin Tasikmalaya High School*. Physical Education Departement, Faculty of Teacher Training and Education, Universitas Siliwangi..

This study aims to determine the level of physical fitness of members of the Advance nature lovers organization. The research approach used is quantitative with a quantitative descriptive method. The sample size is 12 people. The sampling technique used is total sampling. The research instruments are in the form of observation guidelines and documentation studies as well as the Indonesian Physical Fitness Test for the 16-19 age group. The results of the study show that most members of the Advance nature lovers organization are at a good level of physical fitness. This study provides implications that the contribution of physical fitness to outdoor activities is very necessary and relevant based on the characteristics of the activities and their risks.

Keywords: Physical Fitness, Outdoor Activities, Nature Lovers Organization.