

## **ABSTRACT**

ANDRIAN IKHWAN ANWARI. 2021 *Cardiorespiratory Endurance Level of Football Athletes During the Covid 19 Pandemic*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

*The purpose of this study was to find out information about the level of cardiorespiratory endurance of football athletes who are members of Pogor FC in Bungbulang District, Garut Regency aged 16-19 years. The method used in this study is a descriptive method and the instrument in this study is a 12-minute running test. The population and sample in this study were 18 members of the Pogor FC football club aged 16-19 years using a saturated sample technique. Based on the results of processing and analysis of research data conducted with a simple statistical approach, it turns out that the level of cardiorespiratory endurance of football athletes who are members of Pogor FC in Bungbulang District, Garut Regency, aged 16-19 years is in the moderate category.*

*Keywords: cardiorespiratory endurance, football, pandemic covid 19*

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