

ABSTRACT

KEVIN MISAEL ALVARO SEMBIRING. 2026. **Profil Kebugaran Jasmani Ekstrakurikuler Futsal SMA Negeri 10 Tasikmalaya**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

This study aims to determine the physical fitness of futsal extracurricular students at SMA Negeri 10 Tasikmalaya using the Indonesian Physical Fitness Test (TKJI). There are test items carried out including a 60-meter running test, a body lifting test, a sitting lying test, a vertical jump test, and a 1200-meter running test. The study was conducted at SMA Negeri 10 Tasikmalaya on April 2, 2026, using a quantitative descriptive method through the Indonesian Physical Fitness Test (TKJI) aged 16-19 years. This test was administered to 14 students who participated in the futsal extracurricular at SMA Negeri 10 Tasikmalaya. The data collected was then converted into a physical fitness assessment table, then the average value of each physical fitness component was found. So in this study, physical fitness with a range of results 18-21 indicates the category "Good" as many as 2 people (14.28%), a range of values 14-17 indicates the category "Moderate" as many as 11 people (78.57%), and a range of values 10-13 indicates the category "Less" as many as 1 person (7.14%). Based on the data obtained, it was concluded that the average physical fitness of students who participated in the futsal extracurricular at SMA Negeri 10 Tasikmalaya was categorized as Moderate.

Keywords: Extracurricular, Futsal, Physical Fitness, Profile