

Evaluation of The Physical Fitness Among The Students of SMP Negeri Unggul in The District of Aceh Besar

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Abstract

This study is entitled "Evaluation of Physical Fitness among the Students of SMP Negeri Unggul in the District of Aceh Besar". In essence, physical fitness is a condition that reflects a person's ability to perform productive tasks without experiencing fatigue, which means that the stored energy is still available. This study aims to determine the level of physical fitness of the students of Superior Junior High Schools (SMP Negeri Unggul) in Aceh Besar District. The method in this research was descriptive research method. The population in this study was all of the superior Junior High Schools in the District of Aceh Besar. The sampling technique in this research was cluster sampling based on the location of the region, namely the highlands, lowlands and coastal areas. The samples in this study were the SMP Negeri 3 Ingin Jaya, SMP Negeri 1 Peukan Bada and SMP Negeri 1 Mesjid Raya. The number of samples in this study was 114 consisting of 44 females and 70 males. The data collection technique in this research was the field measurements using the Indonesia Physical Fitness Test (IPFT). The data in this study were analyzed using a percentage test. The result showed that the physical fitness of the students of SMP Negeri Unggul in Aceh Besar District was in the category of poor. It can be elaborated as follows. 0% in the very good category, 8% in the good category, 31% in the average category, 61% in the poor category, and 0% in the very poor category. The Junior High School learners in Aceh Besar District are suggested to be more enthusiastic in improving their physical fitness so that they can easily perform everyday activities. The physical education teachers are expected to provide teaching materials so that the motor movement towards the physical fitness of students increases.

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INTRODUCTION

Human qualities would be intact and people's eager to live a daily life activity is the impact of doing sports activities consistently. Doing sports activities will implant moral values which are good, instilling noble character, sportsmanship, and discipline. Doing sports activities will create an atmosphere of togetherness in which there are no differences of opinion about social status, race, religion, ethnicity, and other discriminatory attitudes. It will create strong national unity and has the personality and identity of the national intact. Performing a variety of sports activities will make the citizens prepared to respond to the problems experienced by the state both in a state of siege or emergency that would preserve the integrity and strengthen the national defense. Sports activities not only provide benefits for improving health and fitness of a person; based on the regulation it is clear that education is an effect in human's physical fitness. In a learning process, a teacher plays an important role in providing support for the learners to achieve the desired objectives. With the help of the teacher, learners are expected to be easier to understand the education provided. Teaching is an activity guiding students to learn. Teaching means arranging and organizing the environment that exists around the learners so as to encourage and foster them for learning activities.

According to other experts, teaching is defined as a process of organizing or managing a number of potential sources that is good and right for the students' learning process. The implication of such understanding is that the role of the teacher not only transmits or distributes knowledge to the students but as a director of learning for them. Basically, a teaching activity is a set of activities planned by someone who has the knowledge and skills that will be given to people who want to get the knowledge and skills from those who teach. The importance of physical fitness for school-aged children, among others, can improve the ability of the organs for social, emotional, sportsmanship and spirit of competition. Several

studies have also mentioned that physical fitness has a positive correlation with the academic achievement. From the perspective of education, efforts to improve the physical fitness have several objectives: 1) the establishment of motion, 2) the establishment of achievement, 3) the establishment of social skills, and 4) the growth of the body. The behavior of the learners does not exist by itself but is due to the active participation to perform duties of a lesson planned and managed by the teacher in the effort of controlling the behavior of the management and control of the physical activities for the learners. This is in line with the opinion of Nurhasan (2007: 98) that "Physical fitness is the ability and capability to do the job efficiently without causing significant fatigue". Humans need to improve physical fitness by improving their physical and mental strength because people who have good physical fitness will be more skilled and agile in doing activities during the daily life. The basic concept of physical education, sports, and health and the teaching model of physical education, sports, and health effectively needs to be understood by those who want to teach physical education, sports, and health. The definition of physical education, sports, and health is often obscured by other concepts. The concept is to equate physical education, sports, and health with any business or activity that leads to the development of the organs of the human body (body building), physical fitness, physical activities, and skill development. One's physical fitness can be measured quantitatively. The components of physical fitness that can be measured include cardiovascular endurance, muscle strength, muscle flexibility, muscle endurance, and body composition. The score or one's physical endurance level can be measured by a series of physical examinations related to these components using methods and equipment in accordance with the purpose of measurement. Physical fitness and physical endurance have the same meaning. However, in general, it is always referred to as physical fitness.

Physical education, sports, and health is a process of learning through physical activities designed to enhance the physical fitness, develop motor skills, knowledge and behavior of healthy and active life, sportsmanship and emotional intelligence. Furthermore, Siedentop in Husdarta (2010: 142) states that, in essence, "education through and of physical activities means physical education, sports, and health that is an integral part of the educational system as a whole. Therefore, the implementation of physical education, sports, and health should be directed at achieving these objectives. The purpose of physical education, sports, and health not only develops physical realm but also develop the aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning, and moral action through physical and sports activities. This is in line with the opinion of Petroski et al., (2012: 139-146) that teenaged children should participate in sports and physical activities with high intensity for improved body composition, cardiorespiratory endurance, and physical fitness. Based on the appendix of the Minister of National Education regulations number 02/2006, "Improving the quality of education is directed to improve the quality of Indonesian people as a whole through though heart, though thought, though sense and exercise in order to be competitive in the face of global challenges". Sports activities not only provide benefits for improving health and fitness of a person. Under the regulation, it is clear that education is influential for humans, one of them is for physical fitness. This is in line with the opinion of Nurhasan (2007: 98) that "Physical fitness is the ability and capability to do the job efficiently without causing significant fatigue".

Improving the quality of students is a long effort to form diligence and awareness of the importance of physical fitness. In essence, physical fitness is a condition that reflects a person's ability to perform productive tasks without experiencing meaningful fatigue. Physical fitness not only covers the physical dimensions, but also the dimensions of mental, social, and emotional so it is a total body fitness.

A person's physical fitness is not static (fixed) but can vary according to the physical activity undertaken, especially with exercise training. Exercise is needed to reach the level of physical fitness according to the demands of each physical activity. The exercise should be done according to systematic, gradual, increasing, and sustainable planning. According to Irianto (2004: 2-3), "physical fitness is divided into three parts: 1) static fitness: the state of a person who is free from disease or is healthy, 2) dynamic fitness is a person's ability to work efficiently requiring no special skills, for example, walking, running, jumping, and lifting, 3) motor fitness is a person's ability to work efficiently demanding special skills".

The above quotation shows that physical fitness is the physical ability to support the execution of the task well despite the heavily tough work, thus he/she can do the job easily and well. Therefore, it is necessary to improve the physical fitness of the students of SMP Negeri Unggul in Aceh Besar District which is an educational institution located in the District of Aceh Besar. It aims to achieve the goal of the national education as mandated by the Guideline of the State Policy. From the above explanation, physical education, sports, and health are a good effort to improve the physical fitness by practicing it continually and regularly because by regular practice people will lead to the life that is in harmony and balanced to achieve happiness in real life and also plays an important role for physical fitness purposes.

Physical fitness is one of the basic requirements in conducting activities for daily life. A fit person means a person who is healthy and dynamic. Dynamic health will support a variety of physical and psychological activities. This is in line with (Giriwijoyo, 2007: 20) who says that "a person's fitness will give effect to the individual's performance and will give positive support to the productivity of work or study. Someone who has the optimal physical fitness, in doing his job, does not feel excessive fatigue even though his work is strenuous and tiring. Conversely, if he does not have high physical fitness, all the work will be hard. Therefore,

physical fitness is the ability to accomplish a physical task without experiencing excessive fatigue and has the ability to do other work. This is in line with the statement of Ortega (2011) that "the physical fitness of males is better than that of females except for the test results of the males' fitness flexibility that is increased, the females' physical fitness is stable over age".

Our body organs are said to be healthy when all the physiological processes of the body or organ function normally. The functions of our organ change from the resting state to the working state. According to physiologists, there are two levels of being healthy, that is, static healthy (state of the normal body at rest) and dynamic health (the state normal body while on the move). Everyone needs to have a degree of dynamic healthy, what it means to be healthy when the organs are only healthy at rest, especially if the state of being healthy is during sleeping. In all aspects of his/her life, everyone needs the support of a certain level of dynamic healthy (Giriwijoyo, 2007: 20). Dynamically healthy is a physical ability that is essential for the successful implementation of tasks to be carried out. Therefore, students need guidance and maintenance of their physical fitness. Physical fitness is related to the organs of one's body to carry out its tasks on a daily basis without experiencing fatigue and one still have extra strength and power to face emergencies that suddenly happen and he/she can use his/her spare time (Giriwijoyo, 2007: 20). Physical fitness consists of several parts of essential elements.

The elements of physical fitness can be improved to support individuals. The components related to health include 1) flexibility, 2) force, 3) durability, and 4) composition of the body. According to Widiastuti (2011: 14), "physical fitness components related to health include 1) cardiorespiratory endurance, 2) the muscle strength and endurance, 3) flexibility, 4) the composition of the body. Furthermore, (Hoeger 2010: 18) states that "the components of health are related cardiorespiratory fitness, endurance (aerobic), muscle strength and endurance,

muscular flexibility, and body composition." Further, Battinelli (2007: 5) states that "physical fitness can be defined as the ability to do physical work". The fitness related to health and includes the components of muscular strength, muscular endurance, flexibility, and cardiovascular endurance include: 1) Muscle strength, i.e. the recurrent or persistent maximum power strength against the physiological resistance. Muscle strength is the ability of a muscle or group of muscles to perform one contraction to the maximum to resist stress or load. Mechanically, muscle strength is defined as the force that can be generated by a muscle or group of muscles in a maximum contraction. 2) Durability muscle is the power recurrent or persistent strength against the resistance. The resistance of the muscles is the capacity of muscles to perform contractions continuously at the level of submaximal intensity. 3) Flexibility is a functional joint and limb motion through a range of motion or flexibility that can be interpreted as a broad movement of a joint and can also be interpreted as the capacity to move in the space of joint motion. 4) Cardiovascular endurance is the power of contributory and descriptive metabolic energy of work capacity relative to the body's physiological performance efficiency of the blood vessels and the heart and lungs breathing over a long period of time.

Cardiorespiratory endurance is the ability of the cardiovascular system, the lungs, and blood vessels to function optimally when doing everyday activities. The fitness components which are related to skills include 1) agility, 2) balance, 3) coordination, 4) time, 5) power, 6) speed. Physical fitness is related to skills consisting of agility, balance, coordination, reaction time, speed, and strength. These components are mainly concerned with exercise to improve motor skills (Hoeger, 2010: 18). Further, Battinelli (2007: 6) states that "Fitness related to skills includes the components of agility, balance, coordination, speed, and strength. 1) Agility is the ability to change direction quickly and accurately while in motion. Agility is an essential component

needed for almost all sports (Getchell in Widiastuti 2015: 137). 2) Balance is the vestibular function and a state of equilibrium for static and dynamic activity. The balance can be defined as the ability to maintain posture and proper body position while standing (static balance) or at the time of motion (dynamic balance). 3) Coordination is the implementation of learning from movement patterns.

Coordination can be defined as the ability to perform the motion or work properly or efficiently. The better the level of coordination, the more rapid and effective the movements that are difficult to do. 4) Speed is a repetitive motion of the limbs associated with the coverage of distance or short period of time. Speed is also an ability to perform similar motion simultaneously for a short time, or an ability to travel a distance in for a short time. 5) Explosive power is the amount of explosive force given as soon as possible over a distant range of a designated body. Explosive power is the result of combining power and speed so that when assembled will become a series of work of some elements of the motion. According to Irianto (2004: 22), "a person's physical fitness can be influenced by several factors including biological, psychological, environmental, physical and motivation ones". Some factors affecting the fitness components, among other things, include biological factors, i.e. factors that greatly affect a person's level of physical fitness.

A person's physical growth will be very different even within the same chronological age group; rapid hormonal changes will encourage the person to perform activities that require energy and muscle strength. This certainly affects the physical growth that increases physical fitness. Psychological factors: There are a number of factors that affect a person's involvement in terms of psychological factors. Some of these factors are: 1) knowledge of how to practice. 2) barriers to physical activities. 3) confidence to be able to do the activities. The social environment factors are also influential in the formation of habits of active life. The main components of a social environment are parents and families. Parents and family provide great

influence to physical activity. In addition to providing encouragement, parents also become the capital for children to participate actively by imitating their parents. Mass media is a source of hidden forces, but also greatly affect consciousness. The scenes of physical activities on TV are inspiration generating a person's motivation. Physical factors such as place of residence and environmental conditions also affect the activities undertaken. Someone living in the vicinity of sports facilities or sports field is usually susceptible to the influence to become active in sports activities.

Motivational factors refer to factors and processes which aim to encourage a person to make a change to be achieved. Because there is impetus arising within oneself to improve his/her physical fitness, physical activities are done as routine activities that serve the needs in his/her life. Factors of practice: Doing exercise/sports regularly will yield good physical condition so that physical activities and daily tasks will be executed properly. According to Sarjono and Sumaryo (2010: 56), there are several factors that affect physical fitness, namely: age, gender, genetics, food, and cigarettes. The degree of a person's fitness will determine the physical ability to perform daily activities. "If physical activity and physical fitness are compared to each other, it is clear that generally, physical fitness is more closely related to physical activity" (Spurway et al, 2007: 340). Physical fitness has special functions, one of which is based on age. For children, fitness functions to stimulate growth and development, and for the adults fitness functions to increase endurance (Wiarto, 2012: 170). Based on experts' opinion, it can be concluded that human life is strongly influenced by good physical fitness at the age of children, adolescents, and the elderly. The purpose of this study is to describe the level of physical fitness of the students of the superior state junior High School in the District of Aceh Besar.

METHODS

Based on the problems that have been outlined in advance, this kind of research can be classified as descriptive research. Descriptive research studies problems in society, procedures applicable in the community, and particular situation, including activities, attitudes, views and ongoing processes as well as the effects of the phenomena. This is in line with the statement of Suryabrata (2012: 75) that "descriptive research aims to make a systematic description of factual and accurate information on facts and properties of populations or specific areas. This study intends to determine the existence of a cause and effect generated through the collection and processing of data based on the results of test performance. This approach and the type of research used in this study is a descriptive approach; data obtained are in the form of words or phrases instead of shaped figures. Researchers reveal the facts and phenomena that took place during the study. Qualitative research is research that essentially observes people in their life, interacts with them, tries to understand the language and their interpretation of the world around them. This is in line with the statement of Creswell (2014: 4) that "using qualitative research methods to explore and understand the meaning conveyed by individuals or groups of people who ascribed to social or humanitarian problems".

This research implements the design that is applied to design activities that will be conducted as one shoot design model, namely, a single way of data collection in the site of the study. This research was conducted in the superior schools in Aceh Besar District representing every region based on the characteristics of the location of the region. The study population was the whole superior junior high schools in the District of Aceh Besar, amounting 6. The sampling technique in this research is cluster sampling based on the location of the region, namely the highlands, the lowlands and the coastal areas. The sample was SMP Negeri 3 Ingin Jaya, SMP Negeri 1 Peukan Bada and SMP Negeri 1 Mesjid Raya. The

number of samples of this study was 114 individuals consisting of 44 males and 70 females. The data collection technique in this research was the field measurements using Indonesia Physical Fitness Test (TKJI). In order to obtain data, this study did the following phases. The measurement of physical fitness was done to obtain data on physical fitness. This study used the Indonesia Physical Fitness Test (TKJI) to measure and determine the level of physical fitness of the students aged 13-15 years. It consists of five items (Widiastuti 2015: 45). The types of tests: 50-meter sprint, 60-second Pull-Up, 60-second Sit Up, Vertical Jump, 1000-meter sprint for male and 800-meter sprint for female. The Indonesia physical fitness test is a combination of physical fitness components related to health and fitness components related skills. The data in this study were analyzed using a percentage test. The data analysis technique used in this study included the calculation of the average value (mean) and percentage.

RESULTS AND DISCUSSION

Results

The research data obtained from tests performed on the superior Junior High School Students in Aceh Besar District, namely SMP Negeri 3 Ingin Jaya, SMP Negeri Peukan Bada and SMP Negeri 2 Mesjid Raya form of quantitative data. These data were obtained directly from the Indonesia physical fitness test (TKJI).

The results of the study for male and female students of each school in the three SMP Negeri are as follows: The average result of the physical fitness of the male students of SMP Negeri 3 Ingin Jaya can be categorized 0 learners are very good category with the percentage of 00%, 3 learners are in the good category with a percentage of 20%, 8 learners are in the average category with the percentage of 53%, 4 learners are in the poor category with a percentage of 27%, and 0 learners are in the category of very poor with the percentage of 00%. The average results of the physical fitness for the female students of SMP Negeri 3 Ingin

Jaya can be categorized: 0 learners are in the very good category with the percentage of 00%, 1 learner is in good category with a percentage of 6%, 0 learner is in the average category with the percentage of 00%, 15 students are in the poor category with the percentage of 94%, and 0 learner is in the category of very poor with the percentage of 00%. The average results of the physical fitness for the male students of SMP Peukan Bada can be categorized: 0 learner is in the category of very good with the percentage of 00%, 1 learner is in the category of good with the percentage of 3%, 11 students are in the category the average percentage (29%), 26 students are in the poor category with the percentage (68%), and 00 students were in the category of the very poor category with the percentage of 00%. The average results of the physical fitness for the female learners of SMP Peukan Bada can be categorized: 0 learner is in the very good category with the percentage of 00%, 0 learner is in the good category with the percentage of 00%, 0 learner is in the average category with the percentage of 00%, 0 learner is in the average

category with the percentage of 00%, 23 students are in the poor category with the percentage of 100%, and 00 student is in the category of very poor with the percentage of 00%. The average results of the physical fitness for the male students of the SMP 2 Mesjid Raya can be categorized: 00 student is in the very good category with the percentage of 00%, 4 learners are in the good category with the percentage of 29%, 10 learners are in the average category with the percentage of 71%, 0 learner is in the poor category with the percentage of 00%, and 0 learner is in the category of very poor with the percentage of 00%. The average results of the physical fitness of the female students of SMP Negeri 2 Mesjid Raya can be categorized: 0 learner is in the very good category with the percentage of 00%, 0 learner is in the good category with the percentage of 00%, 6 learners are in the average category with the percentage of 19%, 25 students are in the poor category with the percentage of 81%, and 0 learners are in the very poor category with the percentage of 00%.

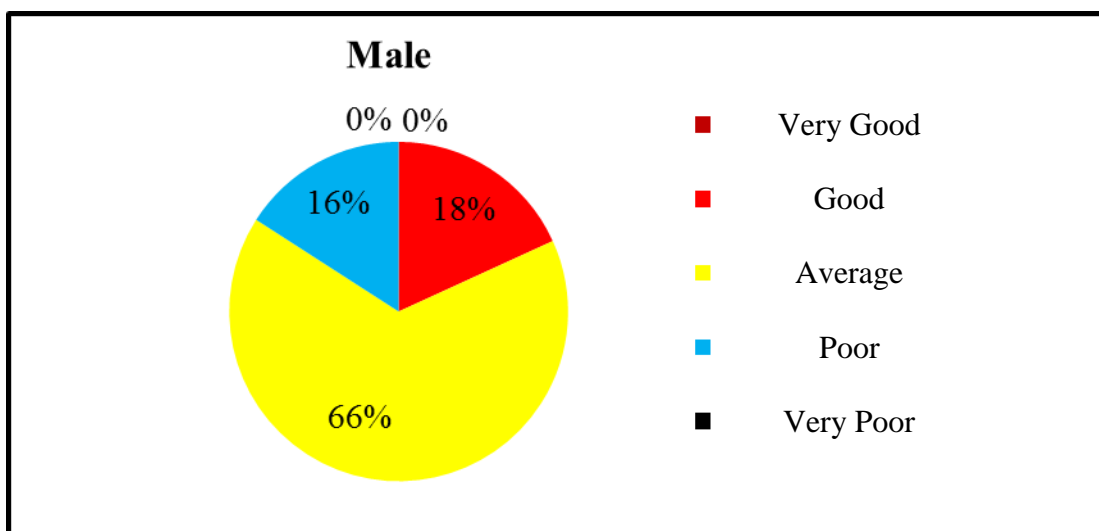


Figure 1. Results of the Indonesia Physical Fitness Test (TKJI) for the male students of three SMP Negeri Unggul in the District of Aceh Besar

As presented in Figure 1.1 the average results of physical fitness of the male learners of the three superior junior high schools in Aceh Besar District can be categorized: 00 learners in the very good category with the percentage of 00%, 8 learners are in the category of good with the percentage of 18%, 29 learners are in the

category of average with the percentage of 66%, 7 learners are in the poor category with the percentage of 16%, and no learner is in the category of very poor with the percentage of 00%.

The average results of the physical fitness of the female learners studying in the three

superior junior high schools in Aceh Besar District can be categorized: 00 student is in the category of very good with the percentage of 00%, 9 learners are in the category of good with the percentage of 8%, 35 students are in the

category of average with the percentage of 31%, 70 students are in the poor category with the percentage of 61%, and no student is in the category of very poor with the percentage of 00%.

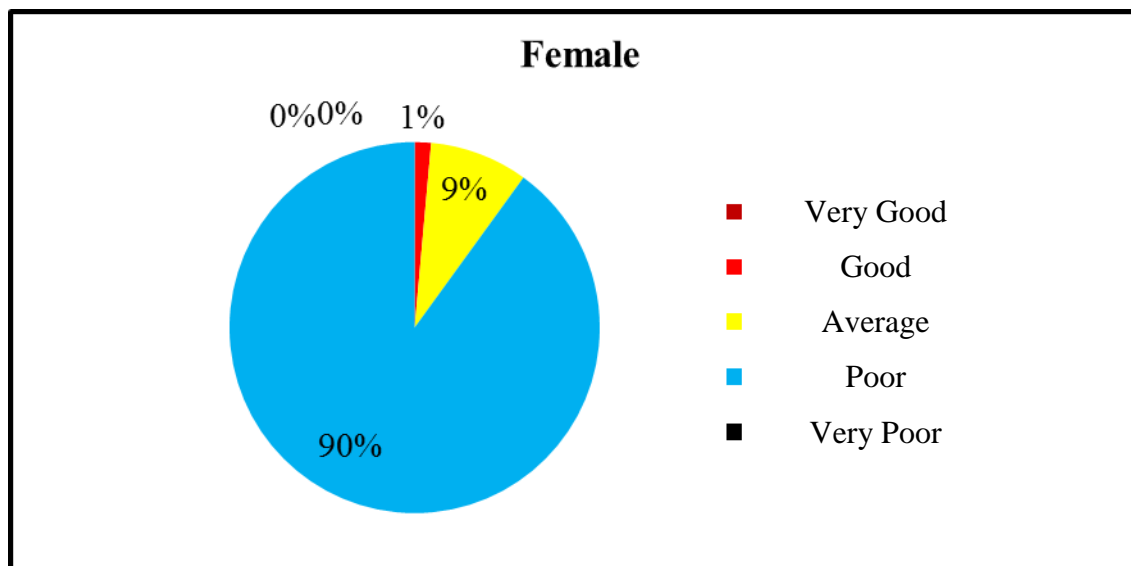


Figure 2. Results of the Indonesia Physical Fitness Test (TKJI) for the female students of three SMP Negeri Unggul in the District of Aceh Besar

From the description in Figure 2, the average results of the physical fitness of the female learners in the 3 superior junior high school in Aceh Besar District can be categorized: 0 learner is in the category of very good with the percentage of 00%, 1 learner is in the category of good with the percentage of 1%, 6 learners are in the category of average with the percentage

of 9%, 63 students are in the poor category with the percentage of 90%, and 0 learner is in the category of very poor with the percentage of 00%. Based on Figure 3, the total results of the Indonesia physical fitness test (TKJI) for male and female are as follows. As much as 8% are in the category of good, 31% are in the category average, and 61% are in the poor category.

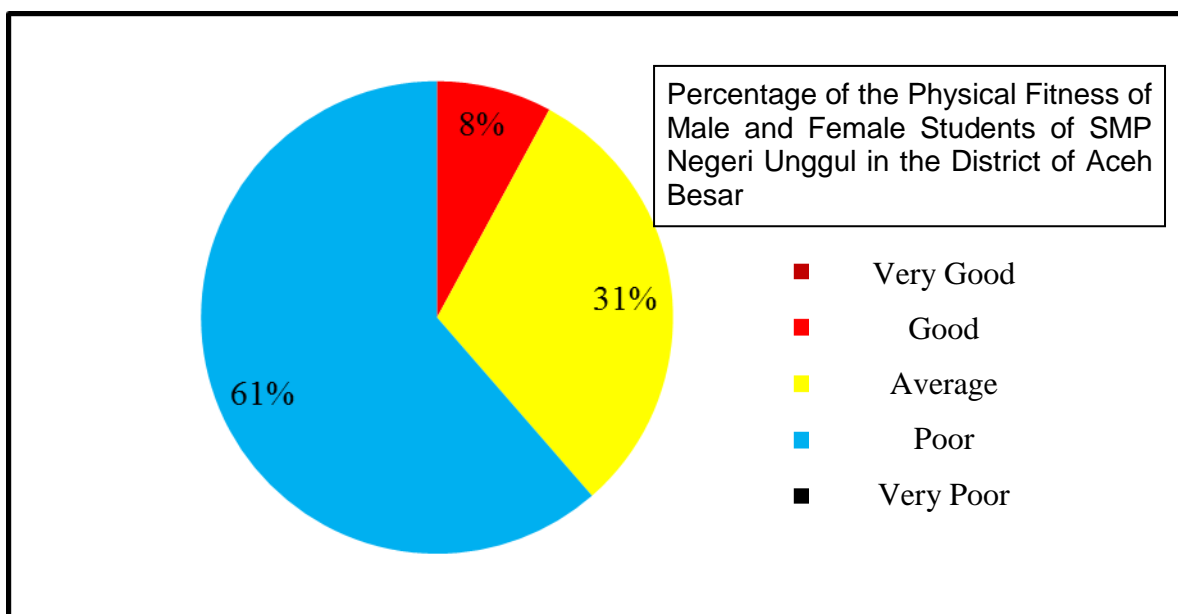


Figure 3. Total results of the Indonesia Physical Fitness Test (TKJI) for the male and female students of 3 SMP Negeri Unggul in the District of Aceh Besar

Discussion

Physical education is a pedagogical education in the world of motion and physical appreciation. Physical education teachers try to reach their goals by teaching and promoting physical activity and physical fitness. Physical education teaching manifests itself as physical training or motion teaching. The contents of this aspect of education are determined by the intensity of the pedagogic or educational purposes which are used as a basis of physical education teachers for the improvement of physical fitness. High level of physical fitness is associated very closely with the activities carried out daily in which the elements of physical fitness plays an important role when doing daily activities. With the physical fitness evaluation, teachers can determine the level of physical fitness that is possessed by the learners. Physical fitness of every parent is very different from the learners' fitness. Physical fitness is very influential for the students during learning. According to (Giriwijoyo, 2007: 20), "The fitness of a person will be influential to one's performance and will also provide positive support to the productivity of work or study." For children of male and

female learners, motion activity is related to fitness and physical activity is associated with aerobic fitness. Aerobic fitness relates to physical activity, motor activity, and BMI. Physical fitness of male children is associated with other fitness tests" (Hands, 005). It is the duty of the teachers to make all efforts in order to improve the students' physical fitness of to be better through the physical education, sports, and health learning process at school. Through physical fitness evaluation, learners are more passionate in the learning process of physical education, sports, and health in particular and other subjects in general. Based on the results of the data analysis and processing of the physical fitness tests in the 3 Junior High Schools in Aceh Besar District it was found that male learners of SMP Ingin Jaya have a level of physical fitness that is in the category of average, with the categorical frequency as very good 0 people, good 3 people, average of 8 people, poor 4 students, and very poor 0 students. For female students of SMPN Ingin Jaya, the physical fitness is in the poor category, with the very good category 0 people, good category 1, average category 0 student, poor category 15

students and very poor category 0 students. The male learners of SMP Peukan Bada have the level of physical fitness that is in the average category, with the frequency of very good category 0 student, good category 1 student, average category 11 students, poor category 3 students and very poor category 0 student. The female learners of SMP Peukan Bada have a physical fitness which is in the poor category, with the frequency of very good category 0 student, good category 0 student, average category 0 student, poor category 23 students, and very poor category 0 students. The male learners of SMP Mesjid Raya have the level of physical fitness in the average category, with the frequency of very good category 0 student, good category 4 students, average category 10 students, poor category 0 student, and very poor category 0 student. The female learners of SMP Mesjid Raya have the physical fitness that is in the poor category, with the frequency of very good category 0 student, good category 0 student, average category 6 students, poor category 25 students, and very poor category 0 students.

By sex, the overall data for the students of SMP Negeri in Aceh Besar District show that the male learners totaling 44 students are in the average category, with the frequency of very good category 0 student, good category 8 students, an average category 29 students, poor category 7 students, and very poor category 0 student. female learners totaling 70 students are in the poor category, with the frequency of very good category 0 student, good category 1 student, average category 6 students, poor category 63 students, and very poor category 0 students. From the test results on the physical fitness of the overall students of SMP Negeri Aceh Besar District, it can be stated that the total percentage level of the students' physical fitness is in the poor category. In other words, the number of learners who are in the very good category 0 student with percentage of 0%, good category 9 students with the percentage of 8%, the average category 35 student with the percentage of 31%, poor category 70 with the percentage of 61%, and the very poor category 0

student with a percentage of 0%. Based on the results as presented above, the level of the students' physical fitness is still not good. The field test results show that the students' level of physical fitness is still very poor. The results obtained have an impact on the quality of education in Aceh particularly in the districts of Aceh Besar. The results of the survey on the quality of education in the province in 2016 showed that the quality of education in Aceh is ranked 32 out of 34 in all provinces in Indonesia. Based on the reality in the field with a low level of physical fitness, the educational quality may also decline. Both of these components support each other.

CONCLUSIONS

Based on the research that has been conducted by researchers at the three Superior Junior High Schools in Aceh Besar District can be concluded that the level of the learners' Physical Fitness at the school was included in the poor category. In other words, the amount of scores of the Very Good category is 0 learners with a percentage of 0 %, Good category 9 learners with a percentage of 8%, Average category 35 learners with a percentage of 31%, the Poor category 70 learners with a percentage of 61%, the Very Poor category 0 learners with the percentage of 0%. Based on the research results and conclusions in this study, suggestions it can be presented as follows. Teachers who teach physical education in particular and teachers, in general, are suggested to improve the learning outcomes by motivating the students to maintain physical fitness through exercise. The learners are expected to be constantly trying to improve the teaching and learning process during the school day. They are also suggested to join extracurricular activities and read books that are relevant to the science of physical education and continually train themselves to create and enhance their learning outcomes.

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