

Evaluation of The Physical Fitness Among The Students of The Ali Hasyimi Public High School in The District of Aceh Besar

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Abstract

Quality education is the basic thing that must be addressed by the Indonesian government. Among the causes of the slow pace of education progress in Indonesia are geographical problems and the lack of a permanent curriculum to be conducted continuously throughout Indonesia. The district of Aceh Besar has assigned some high schools to become model schools. The model schools have the best-selected teachers as a result of a competition in Aceh Besar and each school has two physical education teachers. In order to know the high or low level of the students' physical fitness, it needs proper and accurate assessment. In order to know the exact level of the students' physical fitness, physical education teachers require appropriate measuring instruments. The standard measuring instrument already used by physical education teachers today is the Indonesia Physical Fitness Test. The purpose of this study is to describe the level of physical fitness among the students of the Ali Hasyimi Public High School in the District of Aceh Besar in the 2014/2015 school year. To obtain data in this study, the researcher used a descriptive type of research that seeks to describe, record, and interpret the conditions that occur currently in relation to the level of physical fitness. The approach used to obtain the research data was a test and assessment. The samples in this study were all high school students of the Ali Hasyimi Public High School in the District of Aceh Besar drawn with a total sampling technique. The data were then analyzed using a simple formula including average and percentage. The average value of physical fitness possessed by the male and female students of the state senior high schools in Aceh Besar district in the 2014/2015 school year was measured using the Indonesia Physical Fitness Test and had been adjusted to the norms of the test, as well as confirmed in the table. The category was average. The detailed percentages are as follows. 1). A total of 23 male students (40.35%) were in the average category, 2). A total of 34 male learners (59%) were in the poor category, 3). No learner who was in the category of less than adequate, good and excellent.

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INTRODUCTION

Physical fitness is very important in everyday life, specifically to fulfill the demands of activities and tasks for the necessities of life. Physical fitness is an ability to face and fulfill the physical and mental needs in performing daily activities. To fulfill the physical needs someone must always and continuously perform activities so that the level of physical fitness can be maintained. One's level of physical fitness can not be achieved easily if the motion activities are very limited. The physical fitness level will increase while the number and intensity of the activities performed increases. The amount and intensity of activity undertaken are that as the number of activities increase the person's level of physical fitness also increases.

The improvement of physical fitness is influenced by many factors, including the individuals themselves that are associated with body posture, body systems, and age. The early age, childhood, adolescence, puberty, and adulthood influence the person's fitness. According to Puciato D. (2011: 238), the phases of teenage years can be classified into three classes, i.e.

- a. Early teens are those in the in ages of 12 to 15 years.
- b. Middle teens are adolescents aged 15 to 18 years.
- c. Late teens are teens aged 18 to 22 years.

These adolescent ages are ages equivalent to those of high school students. The Ali Hasyimi State senior high school is one of the superior schools established by the department of education, youth, and sports of Aceh Besar district. These schools are superior in operational management, facilities, and infrastructure as well as teachers who have passed the competency test and have a dormitory for students.

The learners at the Ali Hasyimi state high school, in addition to following the teaching and learning process, also carry out extracurricular and other activities. The physical activities done regularly will certainly affect the level of the students' physical fitness. The Ali Hasyimi State

senior high school has received new students for two years so that no one has done the assessment of the students' physical fitness. To that end, research must be done measuring the level of the students' physical fitness of the school in order to know exactly their levels of physical fitness.

Physical fitness is a person's ability to perform his daily tasks easily without feeling excessively tired and still have leftovers or backup of power to enjoy their spare time for unexpected purposes" (Wiaro G, 2013: 32). The definition above is supported by Kusmaedi (2008: 135) who says that "physical fitness is the ability of a person's body to perform the duties and daily work without causing significant fatigue so that the body still has energy savings to cope with the additional burden". Furthermore, Karpovich (2008: 142) reveals that physical fitness means fulfilling several requirements or being able to overcome some of the physical requirements". This is due to the nature of anatomical and physiological physc causing two terms, namely anatomical fitness and physiological fitness. Anatomical fitness is associated with the requirements concerned with body weight and structural completeness of the anatomy.

The concept of physiological fitness is the body's ability to customize the functions of a particular device. Besides, psychological fitness is a condition when a person has a volatile emotion, the power of perception, motivation, and education necessary to perform the task. This is in line with Nugroho's opinion (2010: 96) suggesting that "physical fitness is the ability of a person's body to perform a daily work without causing significant fatigue and still has reserve energy to enjoy leisure time as well as for unexpected needs".

Physical fitness is the quality of a person's body's ability to perform everyday activities without experiencing an excessive fatigue, is still able to enjoy leisure time and is always ready to do more physical activities. Furthermore, Wiaro (2013: 169) claims that "physical fitness

is the ability and capacity to do work or activity, improve the workforce with without experiencing significant or excessive fatigue".

The growth and development of adolescents are influenced by the perspective and grounds of some experts. Based on the developmental theory, adolescence period is a time of rapid changes, including the fundamental changes of cognitive, emotional, and social aspects (Fatimah, E, 2008: 88). Moreover, Fatima. E, (2008: 94) states that "adolescence among other things includes the growth and development of biological processes such as the height that continues to grow. Such changes can occur quantitatively, such as body height or weight, and qualitatively namely the changes in the way of thinking from the concrete the abstract".

The characteristics of secondary school children and their implementation in education.

These characteristics are cognitive, physical, and psychomotor development. At the teen ages there grows the desire to learn or use foreign languages, physical activities begin to increase. The increase of physical activities is followed by the development of the motions that are done to support physical activities. At the age of 16-19 years, the movements they do for physical activity is already leading to skills. General skills grow rapidly and the direction of specific skills start to become clearer. Further, according to Giriwijoyo (2007: 102), in terms of physiology, the basic components of physical fitness consists of "1) Basic ability/quality ES-I: extensive movement of the joints, muscular strength, and endurance, as well as the coordination of muscle function.2) The ability or quality the Basic ES-II:the general endurance".

The changes that will occur during early adolescence which comes from outside oneself are characterized as follows. The physical changes include 1) the height of average girls reaches a mature height between seventeen and eighteen (ages 17-18) years, and the height of average boys is reached about a year after; 2) The body weight changes following the same

schedule as the height change; 3) The proportion of the body. Furthermore, the changes that occur in the early teens coming from within oneself include 1) the digestive system, 2) the blood circulatory system, 3) the respiratory system, 4) the endocrine system, and 5) the tissue. The changes in the capability of the appearance of motion during adulthood follow the changes in body size, strength, and physiological functions (James K. Luiselli D. and Reed. D 2011: 99).

The physical appearance after puberty is influenced more by the cultural environment. Generally, the girls' appearance of motion in basic skills tend to decline before they reach biological maturity, approximately three (3) years prior to skeletal maturity (muscle), whereas boys continue to improve the appearance of motion with the increasing skeletal maturity. Furthermore, prior to early and late adolescence is a period of time during which the appearance of motion such as sprinting, long distance running and high jump increases. The quantitative improvement that happens continuously will result in increased skills and endurance. The improved skills and endurance will be acquired by learners who actively follow the learning process at schools. Learning at school can be run smoothly and successfully due to several components, among others: teachers, students, curriculum, facilities, objectives, methods, supportive environment, and ratings (Eargle FZ, 2009: 124). Therefore, it is necessary to improve the physical, psychological, and social, activities which can increase the level of physical fitness.

METHODS

Based on the problems that have been outlined in advance the kind of research can be classified as a descriptive study. This descriptive study seeks to describe and interpret what exists, which can the available condition or relationship, opinion, ongoing processes, results or effects that occur, and a trend that is developing.

This approach and the kind of research that I used is a test and measurement approach; the obtained data were in the form of figures, from which the researcher revealed facts or symptoms caused by the phenomenon that took place before and at the time of the study.

This study was designed to facilitate the researchers in data collection. However, before hand, it was necessary that a design the study should be made in order to facilitate the implementation of the measurements. This research was carried out by measuring the physical fitness of the students of the Ali Hasyimi high school. The design made by researchers is employed as the starting point of the activities to be undertaken (Arikunto, 2009: 41). The design of this research includes preparation, asking for a permission from the district office, determining the population and samples, and measuring the learners' level of physical fitness.

The population is the subject to be studied and the population in this study was the students of the Ali Hasyimi state high school. In which case, the total number of population is not much. Therefore, the researcher considered the entire population to be sampled in the study. This is in accordance with the opinion of Arikunto (2009: 21) stating that If the number of population is more than 100 persons, the number of samples can be 10-20% or 15-25% of the total population. If the number of population is less than 100, then it is better to take them all as samples. The reason for determining all students as the samples is because the number of students is less than one hundred so this study can be said a population study. In order to obtain data in this study, measurement of physical fitness was carried out. According to Thomas P. R, (2008: 1), "fitness test developed in the western world is believed to be the only test battery that measures the basic components of all physical activities, namely speed, strength, flexibility, and stamina."

In order to obtain data on the physical fitness in this study, the Indonesia Physical Fitness Test battery was employed to measure and determine the level of physical fitness of the

students of the high school (ages 16-19). The battery consists of five test items. The data on the physical fitness level were drawn from the students of the Ali Hasyimi high school in the district of Aceh Besar in the 2014/2015 academic year.

1) 60-meter Sprint

The Implementation: start-up, after the command is given, the students ran away from the place to the finish line as soon as possible. Each student got a chance to do this test twice. The test results were recorded for the best time of execution twice.

2) Pull up

Implementation: learners suspending, the hand's grip, palms facing back. The distance between hands is shoulder-width apart, arms and body straight, feet together. Lift the body up so that the chin is parallel with a single crossbar and lowered back, the motion is done repeatedly and for females, the position of elbow bend is chin above the single bar and such position is maintained as long as possible. The results which were recorded included the amount of movement and the time spent by the female learners to maintain the above position, in the units of seconds.

2) 30-second sit up

The implementation: students lying on his back on the mat, hands affixed to the side of the ear, knees bent at a 90-degree angle, feet meeting and attached to the floor. The test helps hold and press the learners' ankle to the bottom so that the foot is always attached to the floor. Immediately after the command is given, the participants wake up to a sitting position with her hands and fingers intermittently sticking beside the ear. Then, go back to the beginning position so that the back and arms touching the floor again. This movement is done for 60 seconds. The results are calculated and recorded for the amount of motions that can be done perfectly for 60 seconds.

3) Vertical jump

The implementation: learners stand upright against the wall, resting on both feet, and scale board located beside the left or right hand. Hands near the wall lifted straight above

the palms, mounted on scale board, so as to leave a mark of their reach. Then straight hands stand beside the ear, then the students take the starting stance by bending the knees and then jump as high as possible while touching the scale board, the hand to the wall, leaving scars on the scale board. The signs show how high the learners jump. The learners are given the opportunity to do a double jump. The highest of the two jumps is considered as the test results of the vertical jump. The vertical jump results are obtained by measuring the highest jump of subtracted by the height of the reach.

4) 1200 and 1000-meter sprint

The implementation: learners are ready at the starting line. On cue start, take a start position by standing right behind the start line. After the departure cue is given, the students run

a predetermined distance in the fastest time possible. The learners are allowed to walk trying to maintain speed while running or walking towards the finish line at a distance of 1200 meters for male, and 1000 meters for the female. The recorded results are the time spent for covering the distance in minutes and seconds. Every learner should attend the five kinds of test items of the "Indonesia Physical Fitness Test ". The test results of each item are rough scores of each item. Furthermore, the data in the form of test results are converted into numbers of T-Score. The five T-Score numbers are the value of the learners' physical fitness. In order to find out and determine the level of physical fitness of the high school students or equivalent can be seen in the tables below.

Table 1. The scores of the Indonesia physical fitness test (TKJI) for 16-19 years old male.

No	60 m sprint	Pull up	60-second Sit up	Vertical jump	1.200 m sprint	Score
1	Up to 7.22 seconds	19 or above	41 or above	73 or above	Up to 3.14 minutes	5
2	7.3 – 8.3 seconds	14 – 18	30 – 40	60 – 72	3.15-4.25 minutes	4
3	8.4 – 9.6 seconds	9 – 13	21 – 29	50 – 59	4.26-5.12 minutes	3
4	9.7- 11.0 seconds	5 – 8	10 – 20	39 – 49	5.13-6.33 minutes	2
5	11.1 seconds-etc.	0 – 4	0 – 9	38 – etc.	6.34 – etc minutes	1

Source: TKJI (2003: 22)

Table 2. The scores of the Indonesia physical fitness test (TKJI) for 16-19 years old female.

No	60 m sprint	Pull up	60-second sit up	Vertical jump	1.000 m sprint	Score
1	Up to 8.4 seconds	41 - above	28 - above	50 - above	Below 3.52 minutes	5
2	8.5 – 9.8 seconds	22 – 40	20 – 28	39 – 49	3.53-4.56 minutes	4
3	9.9 – 11.4 seconds	10 – 21	10 – 19	31 – 38	4.57-5.58 minutes	3
4	11.5- 13.4 seconds	3 – 9	3 – 9	23 – 30	5.59-7.23 minutes	2
5	13.5 seconds – etc.	0 – 2	0 – 2	22 – etc.	7.24 – minutes – etc.	1

Source: TKJI (2003: 22)

Table 3. The norm of the Indonesia physical fitness test (TKJI) for male and female aged 16 – 19 years

No	Score	Category
1	22 – 25	Very good
2	18 – 21	Good
3	14 – 17	Average
4	10 – 13	Poor
5	5 – 9	Very poor

Source: TKJI (2003: 24)

RESULTS AND DISCUSSION

The research data obtained from the measurements of the students of the Ali Hasyimi state high school in the 2014/2015 academic year include quantitative data in the form of numbers. The data were obtained directly from the results of the physical fitness tests. The results of the physical fitness measurements of the students of the Ali Hasyimi high school were in the form of raw data which are used as the basis to seek the mean average level of the physical fitness among the male and female students. Analysis of the average results were calculated using the formula:

$$\bar{X} = \frac{\sum X}{N} = \frac{741}{57} = 13$$

The average values of the physical fitness level for the female students of the Ali Hasyimi state senior high school in Aceh Besar district in the 2014/2015 academic year amounted is as high as 13. Furthermore, the percentage level of the physical fitness among the female students of the Ali Hasyimi high school was calculated using the formula:

$$P = \frac{F}{N} \times 100\%$$

$$\text{Very good} \quad \frac{0}{57} \times 100\% = 0\%$$

$$\text{Good} \quad \frac{0}{57} \times 100\% = 0\%$$

$$\text{Average} \quad \frac{23}{57} \times 100\% = 40.35\%$$

$$\text{Poor} \quad \frac{34}{57} \times 100\% = 59\%$$

$$\text{Very poor} \quad \frac{0}{57} \times 100\% = 0\%$$

The percentage level of the female students' physical fitness in the Ali Hasyimi high school could not be classified into the category of very good, good, and very poor. 23 (40.35%) were categorized average and 34 (59%) poor of the 57 students of the Ali Hasyimi high school. The results of calculation of the physical fitness percentage level of female learners in show average or middle category and poor. It was influenced by many factors. The main factors that affected the measurement results of the physical fitness level are the physical education, sports, and health learning process which were not in accordance with the curriculum. The physical education, sports, and health curriculum have already contained materials that cover a wide range of activities that should be taught for one semester so that the learning process is in accordance with the national education goals. The physical fitness test data of the male students of the Ali Hasyimi state senior high school in the 2014/2015 academic year were analyzed using the formula:

$$\bar{X} = \frac{\sum X}{N} = \frac{224}{19} = 12$$

Furthermore, the percentage level of the physical fitness among the male students of the Ali Hasyimi high school was calculated using the formula:

$$P = \frac{F}{N} \times 100\%$$

Very good	$\frac{0}{19} \times 100\% = 0\%$
Good	$\frac{0}{19} \times 100\% = 0\%$
Average	$\frac{5}{19} \times 100\% = 26\%$
Poor	$\frac{14}{19} \times 100\% = 74\%$
Very poor	$\frac{0}{19} \times 100\% = 0\%$

The measurement results of physical fitness of the male students of the Ali Hasyimi state senior high in the academic year of 2014/2015 resulted in data in the form of raw data from the results of the study and the average number of the male learners' level of physical fitness was 12. Then, the average value was analyzed to obtain the percentage of the male learners' level of the physical fitness. The results of the analysis show that there was no learner in the Ali Hasyimi high school who were in the very good, good, and very poor categories. For the average category, there were five students (26%) and 14 (74%) students who were in the average and poor category respectively from the whole learners taking part in the measurement of the physical fitness level.

Based on the results of the research and data processing test measuring the level of physical fitness of female students of the Ali Hasyimi state senior high school in the 2014/2015 academic year, it shows that the physical fitness level of the female students of the Ali Hasyimi state senior high school in the 2014/2015 academic year, were generally in the poor category. This means that the physical fitness of the female students still needs to be addressed primarily through the measurement of the 60-meter sprint, with the average speed of 12 seconds, and such time is still within the very poor category. For the measurement of the

muscle strength endurance implementing the body lift elbow bend test, the average result was 1 to 2 seconds. When consulted to the norm table, the value is still poor. The measurement result of the abdominal muscle strength endurance employing the sit up test, the average performance was three times, and the result is still far from the grades 4 and 5 of the normal value of Indonesia physical fitness test. The measurement results for the test item of leg muscle explosive power resulted in average jumping ability as high as 25 centimeters. When consulted to the category table, it is still in the poor position. And for the ability of the cardiorespiratory endurance as measured by the 1000-meter sprint test, the average travel time of the female students of the Ali Hasyimi state senior high school in Aceh Besar district was 5 minutes. when consulted to the category table it is ranked poor.

From the overall results of the physical fitness level measurement of the students of the Ali Hasyimi high school in Aceh Besar district, the level of physical fitness is poor. The physical fitness level of the male and female students of the Ali Hasyimi state senior is still poor because the physical activity during the physical education, sports, and health learning process, the extracurricular activities, and the other exercise was not maximized by the learners. The exercise performed for 30 to 60 minutes each day with a frequency of two to five days a week at medium intensity can improve their physical fitness (Wiarto, 2013: 161).

The results of the statistical analysis for the data taken from the measurement of the physical fitness level of the male students of the Ali Hasyimi state senior high school in Aceh Besar district in the 2014/2015 academic year was determined by finding the average and percentage. The average period of time achieved for the 60-meter sprint was 9.86 seconds. When consulted to the category table, it was rated poor. For the measurement of the component of strength endurance of the arms and shoulders muscle implementing the body lift elbow bend test, the average result was 7 times. When consulted to the table of norm values, it is at the

poor level. Furthermore, for the measurement result of the abdominal muscle endurance implementing the sit up test, the results obtained averaged 39 times, and when consulted to the category table it is at a good level. For the components of the explosive power of the leg muscle of the students of the Ali Hasyimi state senior high school, it still rated poor with the average height of the jump as high as 47 centimeters. This capability still ranks poor. For the cardiopulmonary endurance ability implementing the 1200-meter sprint test for the students of the Ali Hasyimi state senior high school, it also remained at poor level; the average time reached was 6.20 minutes. In the endurance test, there is a difference of distance between the male and female learners. This is consistent with the results of the study indicating that there is a difference in the measurement of cardiovascular fitness. It is caused by the difference in physical activities that affect the level of physical fitness (Elizabeth K. W, Megan L, 2016: 1). The physical fitness level of the students of the Ali Hasyimi state high school in Aceh Besar district as measured by of Indonesia physical fitness tests, the whole results are in the category of poor, namely 74%.

The lack of physical fitness level among the students is influenced by several factors. The factors affecting their physical fitness include 1) Regularity of training with the fairly heavy intensity of activities, 2) genetic factors, and 3) the adequacy of nutrition. Exercises which are done in a planned, programmed, organized, supervised and sustainable manner gave a significant influence on the students' physical fitness. This is consistent with the results of research conducted by Katie F. et al (2012: 11), that "children who exercise 60 minutes a day and whose parents participate in supervising provide better level of physical fitness than children who are not supervised and those only given psychological practice ". The biological factor is a factor that greatly affects the person's level of physical fitness. One's physical growth will be very different even within the same chronological age group.

The level of male students' physical fitness is better than that of female students, except for the flexibility test, and male continues to increase while the female is more balanced at the same age (Ortega: 2011). The rapid hormonal changes will encourage a person to perform activities that require energy and muscle strength influences the physical growth along with the improvement of physical fitness.

The factors affecting the engagement of a person in terms of psychological factors. Some of these factors are 1) Knowledge of how to practice. 2) Barriers to physical activity. 3) Self-confidence being able to do activities. The social environment is also influential in the formation of active living habits. The major components in the social environment are the parents and families. Parents and families provide a major influence on physical activity. In addition to giving encouragement, parents also become the capital to actively encourage them to imitate their parents. Mass media is a source of hidden forces that unwittingly may also affect a person's sociocultural life.

Physical factors such as residential and environmental conditions also affect the activities undertaken. Someone living in the vicinity of sports facilities or sports field is usually susceptible to influence to become active in sports activities. Motivation refers to factors and processes that intend to encourage someone to make a change to achieve. Because there is encouragement arising within oneself to improve his/her physical fitness, the physical activity is done as a routine activity that serves the needs in his/her life. Doing exercises regularly will yield good physical condition so that the physical activity and daily tasks will be executed properly. There are several factors that influence physical fitness including age, gender, genetics, and nutrition (food).

1) Age.

The physical fitness increases until a person reaches a maximum age of 25-30 years, then there is a decrease in the functional capacity of the entire body, approximately 0.8-1% per year, but when exercising this decline can be reduced by half.

2) Gender.

Until puberty male fitness usually almost the same as that of female, but after puberty male usually has a much greater value.

3) Genetic.

Genetic factors are something that is already contained in the body of someone permanently. For instance, heart-lung capacity, body posture, obesity, blood cells, and muscles fibers.

4) Food stuff.

High durability is achieved when consuming high-carbohydrate (60-70%). High-protein diet increases muscle size and is especially for sports that require high muscle strength (Sumaryo, 2010: 56). Besides, according to Hyounghook P and Namhee K (2008: 113), the research results showed that systematically they found some evidence on the relations between physical activity and such variables as age, gender, parents' educational level, socioeconomic status, self-efficacy, the benefit of the employment results, barriers in employment, self-control and behavior, parental support, parents' character, peer support, ability of physical activity, mental disorder, smoking, alcohol consumption and residential environment factors.

The degree of a person's fitness determines the person's physical ability to perform daily activities. For children fitness functions to stimulate growth and development, and for adults fitness functions to increase endurance (Wiaro, 2013: 170). In this modern era, people are required to be more active due to competition is getting tougher in all areas of life. To be more active, people are required to further improve their physical fitness by increasing the daily activities. The best way to find out how much activity carried out by someone even learners at the school, one must undergo a physical fitness test.

The physical fitness test has been used to determine the students' level of physical fitness. According to Battinelli (2007: 6) "the general ability components of physical fitness-related skills include; agility, balance, coordination, speed, and explosive power.

1. Agility – ability to move in all directions quickly and accurately.
2. Balance - vestibular function and state of equilibrium during static and dynamic activities.
3. Coordination - the ability to combine several motions.
4. Speed - the body's ability to move repeatedly over a certain distance or rapidly.
5. Explosive power between the strength and a pace that is quickly made.

For the sportsman, physical fitness or often referred to as biomotor ability, physical condition, includes five elements, namely "speed, strength, endurance, coordination, and flexibility". However, in sports activities, there is always complex needs which are associated with each other. So, there is an interrelation between the elements of the above physical condition as follows. 1) The speed with durability becomes speed endurance. 2) Speed and power form the power of speed. 3) The strength and resistance form strength endurance. 4) The other physical elements are the development of the above elements like speed change direction or speed of coordination or agility, reaction speed. Thompson (in Lankor, 2013: 54, 55). The accurate and exact measurement of physical fitness should involve participation, strategy, and motivation of the participants (Christopher P. Johnson: 2016: 1). This is reinforced by research conducted by Ortega, et al, (2007: 1), stating that "the surveillance of the exercise program design to improve physical activity shows not only an increase in the cardio-pulmonary ability but there is an increase of two components such as the muscle and agility/speed ability.

The nature of physical fitness test is a measure of the maximum functional ability of a person at the time of measurement. The functional ability is measured by the amount of motion ability. The magnitude of mobility is determined by the body's ability to produce power (energy). If the body is capable of producing power in large quantities, it can produce a small amount of power, but it does

not mean the opposite (Giriwijoyo (2012: 24). The body is only capable of producing a small amount of power. So, the amount of movement that can be generated is also small, and it may not be able to generate motion with high intensity, except after being trained.

The ability to produce greater power means that a person can realize the motion with high intensity and also with a long duration. Furthermore, Giriwijoyo (2012: 25) states that: "The physical fitness test, the power of anaerobic alactacid mechanism is to realize the maximum explosive movements, such as vertical jump, standing broad jump, maximum 30-meter sprint, throwing a 3 kg medicine ball, and the like". To measure the physical fitness of a person who is at the school age of 16-19 years, the tests have the following functions: a) to measure the physical ability of the learners. b) to determine the status of the students' physical condition, c) to assess the learners' physical abilities. d) to determine the learners' physical development. Moreover, he claims that the form of physical fitness tests for high school students consists of 5-point tests. The criteria of tests are 1) the power using the 60 seconds pull-up test for male students and 30 seconds for female, 2) speed, the 60-meter sprint test, 3) power using the vertical jump test, 4) flexibility using 1-minute sit-ups, 5) Durability with the 1.2 km sprint tests for male and 1 km for female (Wiarto, 2013: 175).

CONCLUSIONS

The average level of physical fitness of the female students of the Ali Hasyimi state senior high school is 13.

The average level of physical fitness of the male students of the Ali Hasyimi state senior high school is 12.

The level of physical fitness of the students of the Ali Hasyimi state senior high school in the Aceh Besar district is in the category of inadequate (74%).

The category lacking of the students of the Ali Hasyimi state senior high school is because of the exercise, biological, psychological,

environmental, physical and motivational factors.

Other factors such as age, gender, genetics, and nutrition can influence the level of physical fitness.

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