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Survey Of Physical Fitness Levels In Sports Education Students, STKIP PGRI Bangkalan

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ABSTRACT

This study aims to determine the level of physical fitness of male students of the Physical Education, Health and Recreation Study Program of STKIP PGRI Bangkalan class of 2022. A total of 25 students were purposively selected as samples, namely those who actively participated in sports practice activities and were considered to represent the general physical fitness condition of students. The method used was a survey with data collection through a series of physical fitness tests, which included endurance components (12-minute run), muscle strength (push-ups and sit-ups), speed (30-meter run), agility (shuttle run), and flexibility (sit and reach). The results showed that most students were in the good physical fitness category (56%), followed by the fair category (24%), very good (12%), and less (8%). The average test results showed that endurance, muscle strength, and speed were in the good category, while agility and flexibility were moderate. These findings indicate that the students' physical fitness level is generally good, but special attention is needed to develop agility and flexibility through a more specific training program.

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INTRODUCTION

Physical fitness is one of the important indicators in assessing the quality of a person's physical health, especially in the context of physical education and sports. In general, people understand that exercise is only one of the physical activities that can have an effect on physical fitness. But that is not the only purpose of exercising every day (Asdar, 2019). In daily life, a good level of physical fitness allows individuals to carry out activities optimally without experiencing excessive fatigue. Defining physical fitness as something that focuses more on physiological functions, namely the ability of the heart, blood vessels, lungs and muscles to function efficiently and optimally (Zulrafli, Turimin, & Muspita, 2013). More than just physical ability, physical fitness also reflects the body's readiness to face the challenges of sudden and planned physical

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activity. In the context of higher education, especially in sports education study programs, physical fitness is the main requirement for students to participate in practical lectures and support professional competence as prospective educators, trainers, or other sports personnel.

Sports education students are not only required to have a theoretical understanding of sports science, but are also expected to be able to display excellent physical performance. To maintain health and fitness, schools can implement these efforts through two aspects, namely activities within the curriculum (intracurricular) and outside the curriculum (extracurricular)(Gunawan, 2021). Therefore, it is important for higher education institutions that organize sports education study programs to monitor and evaluate the level of physical fitness of students regularly. This is certainly inseparable from the coaching system, sports personnel, infrastructure and funding (Asri, Nurajab, Nur, & Agustiawan, 2021). This assessment is not only useful as a measuring tool for physical abilities, but also as a basis for designing targeted coaching and physical training programs. Thus, the results of physical fitness evaluation can be used as a reference in improving the quality of graduates, both in terms of academics and physical performance, following the demands of the world of work. The components of physical fitness describe the ability of each person's physical condition (Asril, 2021).

The problem that often arises in the world of sports education is the assumption that all students of this study program have a high level of physical fitness. Not all students have optimal physical condition, because physical fitness is influenced by many factors such as lifestyle, training frequency, and daily physical activity. Research by Dhuha et al. (2023) mentioned that the sedentary lifestyle that is commonly found in students, including sports students, contributes to a significant decrease in physical fitness. This is reinforced by the findings of Sukartidana and Anam (2025), who revealed that only some PJKR students have a level of physical fitness in the good category, while the rest are at a moderate to low level due to the lack of involvement in structured physical exercise programs.

This study was conducted with the aim of knowing the level of physical fitness of male students of the Physical Education, Health and Recreation Study Program of STKIP PGRI Bangkalan class of 2022, through tests of basic components of physical fitness such as endurance, muscular strength, speed, agility, and flexibility. A purposive sampling technique was used, using a sample of active sports practice students who were considered representative of the fitness profile of the majority of sports students. A similar approach was found in a survey of Berastagi Quality University Sports Education students, where a sample of 60 students was purposively selected, and the results showed the majority were in the low to good range category, thus providing a more realistic picture of fitness conditions than the ideal assumption (Astuti & Payung, 2025). In addition, research on the correlation of nutritional status and physical activity on fitness shows that the factors of exercise intensity and nutritional status are very influential, where students who are active and have good nutritional status tend to have higher physical fitness than those who are less structured in training (Setiawan et al., 2023).

The results of this survey are expected to be the basis for the study program in evaluating and improving the practice curriculum, including designing a more targeted and sustainable physical fitness coaching program. The findings of this study are also expected to be a reference for lecturers, trainers, and institutions in increasing awareness of the importance of maintaining and improving students' physical fitness from an early age. With a good physical fitness condition, students will not only be better prepared to participate in lectures and practicum activities, but will also have higher competitiveness in the world of work and in various sports competitions.

METHODS

This research is a quantitative descriptive research with a survey approach. Descriptive research is used to describe the level of physical fitness of students without providing special treatment. The survey approach was chosen because it is suitable for obtaining data directly from respondents through measurements or physical fitness tests. The population in this study were all male students of the Physical Education, Health and Recreation Study Program of STKIP PGRI Bangkalan class of 2022. The sample was selected by purposive sampling, which is a sampling technique based on certain criteria. The criteria in this study are male students who are actively participating in sports practice lectures and are considered to represent the physical condition of the majority of students. The number of samples used was 25 male students. The research instrument used is a series of physical fitness tests consisting of several basic fitness components, namely: (1) Endurance: 12-minute running test (Cooper Test), (2) Muscle strength: Push-up and sit-up test for 1 minute, (3) Speed: 30-meter running test, (4) Agility: Shuttle run test, and (5) Flexibility: Sit and reach test.

All instruments have been adapted to the standard physical fitness tests commonly used in the field of physical education and sports. Data was collected through direct testing of each component of physical fitness. Each test participant follows a series of physical tests following predetermined test procedures. The results of each component are recorded in units of time, number of repetitions, or distance, then categorised into a certain rating scale (very good, good, sufficient, less). The data that has been collected is analyzed descriptively and quantitatively. Test results from each fitness component were summed and averaged to determine the general trend of students' physical fitness conditions. Furthermore, the results were classified into categories of physical fitness based on predetermined value standards. The analysis was conducted in the form of a percentage distribution of students' physical fitness level as a whole and per component.

RESULTS AND DISCUSSION

The results of the survey of the physical fitness level of students of the STKIP PGRI Bangkalan Sports Education Study Program. The data obtained through the

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physical fitness test instrument is analyzed and presented in the form of data descriptions, tables, and interpretations of the results obtained. The presentation of these results aims to provide an objective picture of the physical fitness condition of students based on predetermined categories. Number of samples: 25 male students. Objective: Knowing the level of physical fitness of class 2022 students through a series of fitness tests based on the basic components of physical fitness. This study involved 25 male students of the Sports Education Study Program Batch 2022, STKIP PGRI Bangkalan, as samples. The sample was selected purposively, namely, only male students who are actively participating in sports practice lectures and are considered representative of the physical fitness conditions of students in general. The detailed characteristics of the sample are presented in the following table:

Table 1.
General Characteristics of Research Samples (N = 25)

No	Characteristic	Category/description	Number of Students	Persentase (%)
1	Gender	Male	25	100%
2	Age	19–20 years	18	72%
		21–22 years	7	28%
3	Height	Average: 170,5 cm	–	–
4	Weight	Average: 63,2 kg	–	–
5	Body Mass Index (BMI)	Normal (18,5–24,9)	21	84%
		Thin (<18,5)	2	8%
		Fat (>24,9)	2	8%
6	Weekly Physical Activity	≥ 3x week (active)	20	80%
		< 3x week (less active)	5	20%

Description of Characteristics

All samples were active male university students in the class of 2022. Most were in the 19-20 years age range (72%), an ideal age to be at the peak of physical fitness development. The average height was 170.5 cm and weight 63.2 kg, with the majority having a BMI in the normal category (84%), reflecting a balanced body that supports physical performance. A total of 80% of the students had a habit of exercising at least 3 times a week, indicating a good level of physical activity. This makes them suitable as subjects for physical fitness measurement, as they have a sufficient activity base to reflect the general physical condition of sports students.

Methods: The physical fitness component tests included: (1) Endurance: 12-minute running test (Cooper Test), (2) Muscle strength: Push-up and sit-up test for 1 minute, (3) Speed: 30-meter running test, (4) Agility: Shuttle run test, and (5) Flexibility: Sit and reach test.

Table 2.
Recapitulation of Average Values of Physical Fitness Components (N = 25)

No	Fitness Component	Average Test Results	General Category
1	Endurance (12-minute Run)	2,300 meters	Good
2	Muscle Strength (Push-ups)	36 times/minute	Good
3	Muscle Strength (Sit-ups)	40 times/minute	Good
4	Speed (30-meter Run)	4.2 seconds	Good
5	Agility (Shuttle Run)	17.8 seconds	Fair
6	Flexibility (Sit and Reach)	28 cm	Fair

Table 3.
Category Distribution of Overall Physical Fitness Level

Physical Fitness Category	Number of Students	Persentase (%)
Excellent	3	12%
Good	14	56%
Fair	6	24%
Poor	2	8%
Total	**25**	**100%**

Physical Components

The importance of physical condition components in sports encourages coaches to continue to develop training models in order to maintain optimal player performance to achieve maximum performance (Weda, 2021). The survey results show that, in general, students have a good level of physical fitness, especially in the aspects of endurance, muscle strength, and speed. The average 12-minute run reaches 2,300 meters, which is included in the good category, indicating that the cardiorespiratory capacity is quite excellent. The push-up and sit-up tests also showed good upper and middle body muscle strength, averaging 36 and 40 times per minute, respectively. However, agility and flexibility were still in the fair category, indicating the need for improvement in joint flexibility training and speed of change of direction.

Distribution of Fitness Level

Most students (56%) are in the good category, and 12% in the excellent category, indicating that the majority of students have fitness conditions that support academic and sports activities. Only 8% of students were in the poor category, which is an important note to be given further physical coaching.

Based on the results of physical fitness measurements of 25 male students of class 2022, it can be concluded that, in general, the level of physical fitness of students is in the good category, with the largest proportion (56%) being at that level. Only a small proportion of students are in the very good (12%) and less (8%) categories.

The average test results showed that the components of endurance (an average of 2,300 meters in the 12-minute running test), muscle strength (36 times/min for push-ups and 40 times/min for sit-ups), and speed (4.2 seconds for the 30-meter run) were all in the good category. These achievements indicate that most students have adequate physical abilities for aerobic activity, upper and middle body strength, and good muscle response speed. This is certainly a positive indicator in supporting academic performance and sports activities in the campus environment.

However, different results were seen in the agility and flexibility components. The average shuttle run test results showed a time of 17.8 seconds (fair category), and sit and reach results of 28 cm (also fair category). This indicates that students have limitations in speed of change of direction and range of motion, which can affect agility and efficiency of movement in dynamic activities such as ball games and martial arts. Limited flexibility can also increase the risk of muscle or joint injury when performing strenuous activities or intense physical exercise.

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The distribution of overall fitness levels showed that most students were in the good category (56%), followed by the fair category (24%). Only 8% of students were in the deficient category, meaning further attention and coaching are needed for this group.

By considering the overall results, it can be concluded that the level of physical fitness of students is good, but there are weaknesses in the aspects of agility and flexibility that need to be the focus of coaching. Basically, physical fitness is a person's physical condition that shows their ability to complete daily activities effectively without getting tired, and still have energy reserves to undergo recreational activities and face unexpected tasks (Handayani, 2019). Additional exercises such as dynamic stretching, agility drills, plyometrics, and yoga can be used to improve these two aspects.

CONCLUSION

Based on the results of a survey of 25 male students of Sports Education STKIP PGRI Bangkalan batch 2022, it can be concluded that the level of physical fitness in general is in the good category, with 56% of students in that category. A total of 12% of students are in the very good category, 24% are in the sufficient category, and 8% are less category. The components of endurance, muscle strength, and speed showed good average results and reflected physical conditions that support sports and academic activities. In contrast, the agility and flexibility components showed less than optimal results and were still in the sufficient category, indicating the need for more attention in flexibility training and changes in body movement direction. Thus, although the fitness condition of students can be said to be adequate, there is a need to develop additional physical coaching programs that focus on improving agility and flexibility, so that students' physical performance is more optimal as a whole.

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