ABSTRACT

INZARRUDIN QITAL ADI MUHTADIN. Profile Of Physical Condition Numbers Of Classic Speed And Bouldering On Wall Climbing Athletes At Jakarta State University. July 2019. Essay. Jakarta. Study Program Sport Science. Direction Sport Science, Faculty Of Sport Science, Jakarta State University.

The purpose of this study was to determine the profile of the physical condition of the Jakarta State University Wall Climbing Athletes. The research was conducted at the Campus B Laboratory of Jakarta State University. This research method used is descriptive with tests and measurements. After conducting tests and measurements, the highest and lowest values of each test item will be determined, determine the range, determine the average value of each test item, find the standard deviation, median and mode. The results of this study indicate that the Physical Conditions of Wall Climbing Athletes at the State University of Jakarta have an average value of the strength of the right hand muscle of forty seven kilo grams (medium category). muscle strength of the left hand forty six point forty six kilo grams (medium category), endurance thirty three point thirty eight points (less category), flexibility of fourteen point forty six centimeters (medium category), Leg Muscle strength of one hundred ninety kilograms (medium category).

Keywords: Endurance, Strength, Determination.