

ABSTRACT

Norman. Profile Body Mass Index and Physical Fitness in Children Junior High School Santa Maria Fatima, Sport Science Studies Program, Department of Sports Performance, Faculty of Sport Science, State University of Jakarta 2016.

This study aimed to find out on the basis of a lack of awareness of physical fitness and body mass index ideal with boys and girls ages 13-15 years SMP Santa Maria Fatima II Kampung Pulo, jatinegara The study lasted one day, since June 2016

The sample in this peneliitian is santa maria fatima student population of 150 students of the importance of the 60 students were selected as sample by criteria. This research was conducted by using descriptive method of data is numeric or numeric, and the statistics used are descriptive statistic that is a questionnaire with test and measurement, namely by providing test and measurement.

Samples will be given tests to obtain data that will be categorized based on the norm in test and measurement. Tests will be given them for body mass index uses height and weight, while for the physical fitness tests using a 50m run, lifting body, lying sitting, vertical jump and run 800 / 1000M.

In this study has generated varius value of each test item that has been adapted to the prevailing norms and categories. As well as in the implementation of the research they have done the maximum results without relieving serious.

It can produce values that characterize that body mass index and physical fitness of middle school students who normal. Untuk santa maria fatima classification of physical fitness of students get enough results to the average. Physical Fitness Test for 50 Meters with an average of 8.3 seconds, Hanging Lift Body / Suspension Lift the elbows with an average of 8.5, Running 800/1000 Meters with an average of 3.8 minutes categorized as "Medium" and Test Centre physical to Baring Sitting with an average of 22.73 and Vertical Jump with an average of 44.93 categorized as "Good."

With the results obtained from the whole it can be concluded that the Santa Maria Fatima junior high school students are in a category which is quite good, although there are conditions of poor children, this may be their reference materials to improve body mass index and physical fitness are ideal.

Keywords : Body Mass Index and Physical Fitness.