

PHYSICAL CONDITION, ACHIEVEMENT AND LIFESKILL UNY FIKK SELABORA STUDENTS (COMPARITORY STUDY BETWEEN SPORTS)

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ABSTRACT

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Athletes' achievements are the result of a training and development process that is carried out in stages, continuously, and increases progressively. Young athletes are a stage that someone who has high motivation goes through to become a professional athlete. The development of physical condition as an indicator of training progress really needs to be monitored or evaluated, but there is one important thing that can be taken advantage of in sports training interactions, namely life skills. Coaching athletes from a young age has been carried out by providing special services through the FIKK UNY sports laboratory school, however the concept of developing sports achievements, life skills and academic achievements which should go hand in hand is not yet optimal. This research aims to compare physical conditions, achievements and life skills between athletes or students in different sports. The method used is a comparative study with data collection techniques using general physical condition measurements and life skills observation sheets by the trainers involved in coaching. The research population was students at the FIKK UNY sports laboratory school. The results showed that the physical conditions for several components had significant differences between sports. There is not a very significant difference in the life skills component between sports, but what is interesting is that archery is generally better than gaming. The maximum achievement between sports is winning at the provincial level. KEYWORDS:

Kata Kunci: *physical condition, life skills, sports, sports coaching*