

# DEVELOPMENT OF TEST NORMS OF PHYSICAL CONDITION OF ATHLETS IN YOGYAKARTA SPECIAL REGION

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## ABSTRACT

This study aims to develop norms for the physical condition test of DIY athletes. The reason for the need to make an arrangement of physical condition tests accompanied by norms is the difference in mastery of the athlete's physical and functional abilities. This research is a descriptive research with survey method. The population in this study were 137 athletes from DIY with the research sample determined by purposive sampling with the consideration of athletes being participants in the Puslatda DIY. The study was conducted from April 22 to October 22, 2021 in the Special Region of Yogyakarta (DIY). Based on the results of the study, it is known that the distribution of strength and coordination of athletes are 11 athletes (15.07%) in the very good category, 23 athletes (31.51%) in the good category, 45 athletes (61.65%) in the moderate category, 35 athletes (47.95%) in the poor category, and 6 athletes (8.22%) in the very poor category, the agility distribution of athletes is 5 athletes (3.65%) in the very good category, 35 athletes (25.55%) in the good category, 45 athletes (32.85%) in the moderate category, 15 athletes (10.95%) in the less category, and 8 athletes (5.84%) in the very poor category, the athlete's speed distribution is 1 athlete (0.73%) in the very good category, 36 athletes (26.28%) in the good category, 54 athletes (39.42%) in the moderate category, 20 athletes (14.6%) in the poor category, and 6 athletes (4.38%) in the very poor category, and the distribution of aerobic endurance of athletes are 2 athletes (1.46%) in the very good category, 37 athletes (27%) in the good category, 53 athletes (38.67%) athlete in moderate category, 22 athletes (16.06%) in the poor category, and 2 athletes (1.46%) in the very poor category.

Kata Kunci: *norm, physical condition, DIY athlete*