

STRATIFICATION OF THE PHYSICAL CONDITIONS ATHLET PUSLATKAB SLEMAN IN 2022

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ABSTRACT

Sports consist of strength, flexibility, speed, agility, endurance, muscle strength, and power. Physical condition training is specifically designed through structured and patterned stages for the development of more optimal physical conditions. To find out the level of stratification of the physical condition of the athletes of the Sleman district pusltnkab, it is necessary to evaluate using tests and measurements.

The purpose of this study was to determine the level of stratification of the physical condition of the athletes of the Sleman Regency Pusltnkab. The sample in this study were 800 athletes from the KONI sleman district center. The method in this study uses descriptive quantitative with tests and measurements. The output in this research is articles that will be published in reputable international journals and national journals. From the results of the study, it can be seen that the physical condition of the athletes of the Puslatkab Sleman in 2022 1% in good condition, 28% in sufficient condition and 71% in poor condition.

Kata Kunci: *Stratification, Physical Condition, Athletes, KONI Sleman*