

# **ANTHROPOMETRIC EVALUATION AND PHYSICAL CONDITION OF ATHLETES WITH DISABILITIES PEPARNAS NPC DIY TRAINING**

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## **ABSTRACT**

Anthropometry and the physical condition of athletes play an important role in achieving sports achievements. Anthropometry and good condition, an athlete will be able to show his best capacity or performance on the field. Currently, NPC DIY is implementing a long-term regional training program (Pelatda) in order to prepare its athletes to compete in the PEPARNAS disability sports. During regional training, athletes must take part in centralized training in their respective sports. The research is quantitative descriptive research. The data collection technique uses tests and measurements. The output of this research will be in the form of articles in accredited international journals and also accredited proceedings. TKT in this research wants to demonstrate proof of concept for important analytical management functions analytically and experimentally. Theoretically, empirically and experimentally it will be known that the system components are indeed true. The research results show that physical conditions include: 1) sit and reach is dominated by athletes with poor flexibility (52.53%); 2). Shoken's physical condition is dominated by good condition (52.53%); 3). balance conditions are dominated by unfavorable conditions (78.79%); 4). The physical condition of athletes with predominantly hand strength is not good (65.69%); 5). the athlete's lung capacity condition is dominated by good condition (51.52%); 6) then, the anthropometric conditions of athletes based on body mass index (BMI) are dominated by normal BMI and athletes who have the lowest BMI are in the fat category (3.03%). The results of this analysis will be used to determine the next training program, so that it is hoped that DIY athletes will not experience physical problems when competing during the 2024 PEPARNAS in each sport.

**Kata Kunci:** *Anthropometrics, Physical Condition, PEPARNAS Athletes, Pelatda*