

ABSTRACT

**THE LEVEL OF PHYSICAL FITNESS IN EXTRACURRICULAR
BASKETBALL STUDENTS AT SMAN 6 OF BENGKULU CITY**

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This study aims to determine how much the level of physical fitness possessed by male students of SMA Negeri 6 of Bengkulu City. This research was conducted at SMA Negeri 6 of Bengkulu City with the number of samples used totaling 22 male students. This research method uses quantitative descriptive research methods. The results obtained 0 students (0%) have a very good fitness level, 5 students (22.73%) have good category fitness level, 17 students (77.27%) have moderate category fitness level, 0 students (0%) have less category fitness level and 0 students (0%) have very less fitness level. The conclusion of the research is that the level of physical fitness possessed by male students of SMA Negeri 6 of Bengkulu City is included in the moderate category.

Keywords: Fitness, Extracurricular, Basketball

