

**ABSTRACT**

**AN ANALYSIS OF CARDIOVASCULAR ENDURANCE (VO<sub>2</sub>MAX) OF  
FEMALE EXTRACURRICULAR FUTSAL PLAYERS AT SMAN 6  
KEPAHIANG**

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*This study aims to describe the Cardiovascular Endurance (Vo<sub>2</sub>max) of Female Extracurricular Futsal Players at SMAN 6 Kepahiang. The population in this study consists of all players participating in extracurricular activities, with a sample of 17 female futsal players selected using total sampling technique. This is a Quantitative Descriptive study using testing, measurement, and documentation methods. The research results indicate that the cardiovascular endurance level of female extracurricular futsal players at SMAN 6 Kepahiang falls into the category of moderate. The VO<sub>2</sub>Max results of the players in each category show that none of the female extracurricular futsal players at SMAN 6 Kepahiang achieved an excellent category, with 5 players (29%) in the good category, 9 players (53%) in the moderate category, 1 player (6%) in the poor category, and 2 players (12%) in the very poor category.*

**Keywords: Cardiovascular Endurance, VO<sub>2</sub>Max, Futsal**

