

## ABSTRACT

### A SURVEY OF PHYSICAL CONDITION LEVEL OF ROCK CLIMBING ATHLETES IN KEPAHANG REGENCY

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*This purpose of this study was to determine the Level of Physical Condition of Rock Climbing Athletes in Kepahiang Regency. The type of this research was descriptive research. The research sample consisted of 20 people. The instrument used in this study was a physical condition test which included 6 tests, namely, speed test, strength test, leg muscle explosive power test, agility test, flexibility test, and balance test. Where the results of this study are: that the overall physical condition test of Rock Climbing Athletes in Kepahiang Regency is as follows: good category of 15% (3 athletes), moderate category of 35% (7 athletes), poor category of 25% (5 athletes) and very poor category of 25% (5 athletes). Based on the results above, it can be concluded that the overall physical condition test of Rock Climbing Athletes in Kepahiang Regency carried out by 20 athletes in the moderate category is 35% or as many as (7 athletes).*

*Keywords: : Physical Condition, Rock Climbing*

