

**AN ANALYSIS OF PHYSICAL FITNESS LEVEL OF
NON-COMMISSIONED OFFICERS AT POLRES
IN CENTRAL BENGKULU**

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ABSTRACT

This study aims to find out the Physical Fitness Test of Non-Commissioned Officers at Polres in Central Bengkulu. This type of research is qualitative descriptive research. The research sample consisted of 25 people. The instruments used in this research are the TKJI Test which consists of: 12 Minutes of Run Test, Full Up Test, Chinning Test, Sit Up Test, Push Up Test, and Shuttle Run Test. Classification for test results was carried out by 15 policeman and 10 policewoman in the MEDIUM category, namely 14 or with a percentage of 56%. Based on the results of this research, in improving the physical fitness of NCO Police at Polres in Central, which was carried out by 15 policeman and 10 policewomen, it is necessary to carry out regular training therefore their abilities can be optimized as well as possible.

Keywords:: Physical Fitness, Non-Commissioned Officers/Police NCO.

