

**ABSTRACT**

***A SURVEY OF PHYSICAL CONDITION OF FUTSAL  
EXTRACURRICULAR STUDENTS AT SMP NEGERI 31  
OF NORTH BENGKULU***

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*This research aims to find out the condition of Futsal players at SMPN 31 of North Bengkulu. The research is quantitative descriptive research. The method used is survey research with a quantitative descriptive approach with data collection techniques using shooting instruments. convert the frequency into a percentage. The results of this research show that the endurance test results of SMPN 31 of North Bengkulu futsal players using the bleep test measuring instrument with an average value of 32.53 (ml /kg.BW/min) is in the medium category. Push ups with an average value of 19 are in the medium category. The 50 meter sprint with an average value of 7.33 seconds is in the less category. The zig-zag run test with an average value of an average of 7.98 seconds is in the poor category. The flexiometer test with an average value of 18.5 cm is in the good category. The standing stork test tool with an average value of 31 seconds is in the medium average category. The conclusion is that the physical condition of futsal extracurricular students at SMPN 31 of North Bengkulu is in the moderate category.*

**Keywords:** *Physical Condition, Futsal.*

- 1. Student**
- 2. Supervisors**

