



Physical Condition Analysis of Athletes of the Province of Kabupaten Sinjai

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ABSTRACT

Sinjai and Bulukumba Regencies hosted the Provincial Sports Week (PORPROV) XVII, October 2022. This 4-yearly multi event competes and competes in 34 sports under the Sports Branch Management and KONI. The Government and Society of Sinjai Regency as one of the implementing hosts have planned to achieve successful achievements, successful implementation, economic success and administrative success and the target is to become the best 3rd rank from all districts and cities in South Sulawesi. The purpose of this study was to determine the physical condition of athletes consisting of components of speed, muscle strength, muscle power, flexibility, agility, muscle endurance and VO2max endurance for athletes in the sport of fencing, athletic measurable sports and karate martial arts for male and female athletes. The method used is descriptive quantitative by calculating the frequency and percentage to determine the level of physical condition category. This research was conducted from May to August 2022 by conducting tests and measurements of physical components in Sinjai Regency. The samples used were 65 male and female athletes from fencing, athletics and karate. Based on the results of data analysis and discussion, it is concluded that. The physical condition of speed, muscle strength, muscle power, flexibility, agility, muscle endurance and VO2max endurance for athletes in the sport of fencing, athletic measurable sports and karate martial arts for male and female athletes PORPROV XVII 2022, Sinjai Regency, the tendency is still at the moderate category level.

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INTRODUCTION

Sinjai district, selected to host the XVII Provincial Sports Week (PORPROV) in October 2022, is determined to organize the success of achievement, economic success, administrative success and the successful organization of the four-year multi-event. The government of



Sinjai district and the entire community targeted the contingent of Sinai district on PORPROV this time should at least be ranked 3 among all the districts that are participating. Therefore, the entire sport under the umbrella of the National Sports Committee of Sinjai District (KONI) along with all the related stake holders, the coaches of the sport branch, the elements of the community are committed together, collaborate and synergy to prepare all the resources in order to such achievement. A game in a fairly long and exhausting duration requires excellent physical condition in an attempt to good performance, just as an athletic sport with numerous mined numbers demands the prime physical abilities of its athletes to be the fastest, longest and highest in every match number. In this case, Karate with body contact when competing requires very good physical condition to performance in the game because of its long and exhausting duration. If the physical components of an athlete, athletics and karate are prepared to follow the PORPROV championship with various such indicators in the category of minimal good even excellent, then it is predictable that the athletes can perform first in performing every game and race so that they can the best performance.

The various factors that determine an athlete's performance include physical, technical, tactical and psychological, when these components can be prepared, trained and developed through a regular, systematic and continuous training program, then it is predictable that athletes will be able to maximum performance. The physical condition referred to in this study parameters include components of muscle strength, speed, muscle power, strength, agility, muscular strength and general strength or VO₂max. Based on the data of the athletes, especially the high-speed, athletic and karate athlete, at the time the study began in May 2022, they were generally still in the category of sufficient and good. Ideally, an athlete who will attend a competition or race at least is already in a very good or even excellent category. Starting from this condition then, the researchers analyzed the physical condition of the athletes who represented the sports branches of the game, athletics representing the sport of measurement, and karate representing wrestling. It is hoped that if this study succeeds in analysing the physical components of the athletes as a basis for measuring physical condition, it will be a mind donation to the coaches and athletes themselves in order to prepare, compile and implement the training program for the Provincial Sports Week.

Anggar Game Sports Branch

Anggar Games became one of the leading sports branches of Sinjai district that is expected to donate gold medals to the PORPROV XVII 2022 championship. Players are required to have good physical condition especially components of strength, speed, power, coordination, accuracy, agility and reaction to be able to master the technique, and tactics in conducting games of agitation. A player must master basic playing techniques such as advance, retreat, punch and attack. These basic techniques components are the primary capital for players to carry out attacks and punches in an attempt to gain numbers against their opponents. The game uses a weapon as a tool to attack and defeat an opponent's attack in every game, so the strength of the arm and armor becomes essential to be able to play the weapon properly. The weapons are made up of floret, degen and sable guns, each of which has a different weight and a different target in the game.

The game is played on a special track or called a loper by two people who compete against each other to get a kick or attack. According to Soecipto, (2005) the basic game techniques that must be mastered well and correctly, i.e. steps, the way of arming, defence, punching and attack. The basic technique of the game of punching, attack is an important technique because the attack is the attempt of attack against the opponent's defense to

gain points. Tri Nurharsono, (2002) also suggested that to be able to play well requires special skills, including technical mastery, defense, variation of attack, and have a high degree of rigour. According to M. Sajoto (2005) success in the sporting performance is influenced by the success of the combination of theory and practice in sport to play the weapon well. According to Hartono Hadjarati, (2010) There are three types of weapons in Anggar sport, each having different game characteristics and rules from one to the other. The weapons are Floret, Degen, and Sabel.

MATERIALS AND METHODS

This research uses a quantitative descriptive method, namely carrying out tests and measurements, then continuing with analyzing each physical component of the fencers, track and field athletes and karate athletes of Porprov Sinjai Regency. This research was carried out from May to August 2022. The venue was the KONI Hall and SMK 1 Sinjai Regency as a training ground for fencing athletes, a sports hall for karate athletes and a football stadium for athletics located in Sinjai Regency. The research variables are physical components consisting of strength, speed, power, agility, flexibility and endurance. The research sample was 65 male and female fencing athletes, track and field athletes and karate athletes. Analyze data with frequency, percentage and categorical.

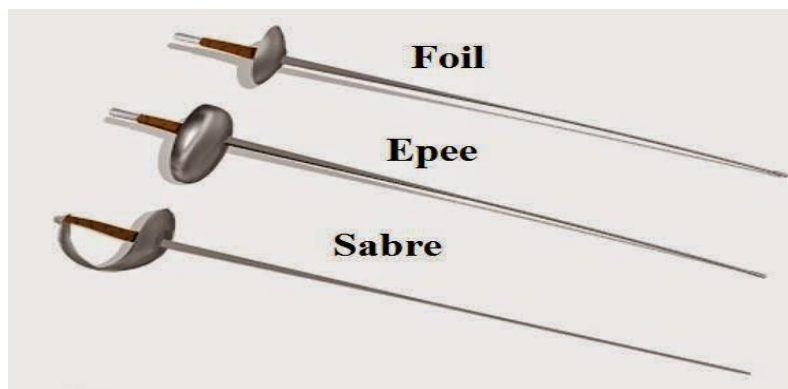


Figure 1. Fencing weapons

- (a) Florets are a kind of weapon that can be used by men and women only to bite. The field of action is valid for floret weapons, include bodies, excluding hands, legs, and heads (only the metal-covered parts of the floret jacket) including the metal collar of the jacket as high as 6 cm. Floret weapons are made of stainless steel, with a weapon weight of 500 grams, weapon length 110 cm, clink length 90 cm, diameter of the hand protector (com) 12 cm.
- (b) Degen/Epee; This type of weapon is almost identical to the floret weapon, which is the weapon used to sting. The target area ranges from the tip of the foot (shoes) to the head protector (masks) in other words the target area is the entire body. Weight of the weapon 770 grams, length of the gun 110 cm, longitude of the clink 90 cm, diameter of the protector hand (com) 13.5 cm.
- (c) Sabre; This type of weapon can be used to stain and stain in an attack, its target area for sable weapons is from both hip wrists up to the head protector including the arm. The sable gun has a weapon weight of 500 grams, with the length of the weapon 105 cm, the clink length 88 cm, clink width 4 cm, a clink thickness 1.2 mm.

Athletic-sized sports

Athletics is the oldest of all sports, because it is called the master of all sport, because in it there are elements of road, running, jumping, throwing and playing that all kinds of sports form the basis. The athletic sport that represents the measured sport in this study is also the foundation and focus of the Sinjai district hosts in achieving the goal. Athletics with their various racing numbers are expected to contribute a lot of gold medals in the provincial, sports weekly championship. Therefore, this athletic sport has long been doing intensive training under the guidance of a coach, especially the development of the dominant physical component in each game number. Athletics with its various racing numbers also has the physical character development of its athletes also differently, especially the predominant energy development that is required for each athlete with the number he follows. Athletics is a physical sport that uses tracks as well as fields such as high jumping, walking, running and throwing. Athletics is one of the sports that is performed in a variety of ways, including walking, throwing and jumping.

Athletics can be defined as a sport consisting of three racing numbers including the number of the road, run, throw and jump. Athletics is defined as a component that exists in education as a whole and ensures physical activities as well as the formation of a healthy life and mental, physical, social and emotional development that is harmonious, balanced and compatible with each other. Thus, it can be concluded that athletics is a sport in which there are some other kinds of sports that use the movements in everyday life such as running, jumping and throwing.

Outdoor sports Karate

Karate is one of the sports that originated in Japan. Karate is composed of the word "Kara" which means empty, and "te" means hand and "do" means way. So karatedo has the meaning of walking with empathetic hands that aims to improve discipline, personality and form a whole human being who has personal characteristics of nobleness, skill, have a high spirit of wrestling and maintain high ethical values and have mental maturity. Karate has long been known as the art of wrestling without weapons, so in karate every member of the body is trained systematically so that in turn it becomes a powerful weapon and able to disable one movement of the opponent. Sinjai district makes this karate sport an excellence sport that is expected to contribute a lot of gold medals later on the provincial, sports weekly championship. Karate, which represents a field of wrestling sport competed at PORPROV, has become the focus of attention of the government and KONI District of Sinjai in its training process.

Karate sport requires complex physical condition among others; muscle strength, arm and arm power, stroke and kick speed, shape, balance and coordination of eyes and hands is not just technique and tactics as well as mental purity. The combination of the various elements of physical and psychological condition is the main capital for any karate athlete in attending various competitions when wanting to be a champion, so it is necessary to be serious concern for the coach to continue to develop and improve the condition with various forms and methods of training. Karate athletes with complex kicking and kicking techniques can only perform well when supported by the good physical condition of each athlete. Karate is a physical-contact sport that requires an athlete's primary physical condition for a long-term competition. Therefore, this branch of karate has long

been engaged in regular, planned, systematic and continuous training preparations to the goals that have been imposed by the government.

Physical fitness training

Training is a systematic process with the objective of improving an athlete's fitness in a selected activity (Bower, 1992). Likewise, the opinion is that Training is a process of sports perfection ruled by scientific, pedagogic, principles. The process which the planned and systematic, increases the readiness to perform and the performance capacity of sportsman (Josef Nossek, 1982). Exercise is a systematic process of practice that is repeatedly performed with the daily increase in the load of training. A number of factors that contribute to improving the quality of training include: (a) Coach who must have mastery skills, knowledge, personality, facilities, equipment and heritage (b) Athlete who is trained must be well prepared through physical, technical, tactical, psychological, competition, motivation and athlete ability. (Rushall Pyke, 1990)

A good workout should be with the principles of training along with the components of training to improve the physical quality of the athlete by staying based on the physiological abilities of the individual athletes concerned. Exercise is a physical exercise program designed to help learn skills, improve physical freshness and especially to prepare athletes for a competition or race. As described by Fox (1988) exercise is a physical exercise program to develop an athlete in the face of important matches. Training is a process of consciously improving the quality of an athlete in order to maximum performance by being given regular, directed, gradual, increased and repeated physical and mental stress. Bompa (1994) explains that exercise is a long-term, systematic, gradually improved and individual sport that aims to form a physiologically and psychologically functioning human being in fulfilling the demands of duty.

Physical condition training is an exercise that is carried out in various forms of attitude and direction, directed, repeatedly with increasing loads for accuracy and effectiveness in ability. Physical fitness training is a legal obligation for athletes to improve their physical performance, therefore it should be done regularly, systematically, repeatedly and continuously by keeping guidelines on the principles of exercise among others; overload principles, principle of specificity, principle of Individuality, principles of variety, principles de progressif, principe de reversibilité, principi de modelling,

Physical components that are very much needed by athletes in sports, athletics and karate, are the same as the physical components of other sports, such as: (a) Strength component, is the ability of the muscle to cope with a certain prisoner or load, to withstand and move loads in the conduct of an activity. Muscle strength is the capacity of a muscle or a group of muscles to perform a single maximum contraction against a prisoner/load. (b) Speed component is a person's ability to perform similar movements in sequence in the shortest possible time or the ability to travel a distance in the shorter possible time. In the sports of wrestling, athletics and karate, speed is an absolute necessity, especially in the strike, sprint running and kick and kick speed in karate. According to Harsono (1988), speed is the ability to perform similar movements in sequence in the shortest time. Sojoto (1995) Speed is the ability of a person to work continuous movements in the same form in the shortest time. (c) The power component is a key factor in the implementation of all kinds of movement skills in various sports. Bompa (1994) argues that explosive

power is an athlete's ability to overcome an obstacle at a high contraction rate. According to Jansen, (1983). Explosive force is a combination of maximum speed and maximum force. (d) A component of agility is a person's ability to change direction or the ability of a person to move quickly all the way. Agility is one of the components of motor freshness that is essential for all activities that require the speed of change of body position and its parts. Sajoto (1995) says that agility is the ability of a person to change body position or direction of body movement quickly while moving fast without losing balance or consciousness of the body position. (e) Formative component is the ability of a person to move the body and parts of the body in a space of movement as wide as possible without experiencing and causing injury to the surrounding joints and muscles. Flexibility is the ability to perform movements within the joint motion space. (Harsono, 1988). (f) The component of the body is the ability of an organ to fight the fatigue that arises when performing sports activities over a long period of time. This volume of oxygen is a level of body capacity expressed in liters of sugar or in milliliters/minutes/kg of body weight. (Kurniawan, 2013). Ihsan (2015) in his article concluded that VO₂max can be used as a parameter of a person's physical fitness. The greater a person's VO₂max capacity, the greater the ability to carry heavy workloads and the faster the physical fitness recovery process.

RESULTS

Speed Component (speed)

Based on the data analysis of the speed component of 50 meters athletes athletics, athletic measurement sports and karate sports, the physical condition of the athlete is already at the level of the good category of 55.9%, the rest is at a level of category sufficient. These results give an idea that the athletes princes of the sports branches of the game, the sport of the measurement and the sports of the skiing, when reviewed from the parameters of this component is already at the expected level, although ideally it can still be upgraded to a very good level even the excellent level so that the Athletes can perform first when doing a game or race in the sports week of the future porprov. The body speed component or reaction speed data analysis explains that the reaction rates of the athletes are still at the catagori level of 55.9%, the rest in the good and the less category. Ideally, reaction speeds for athletes, athletics and karate are at the minimum level of good, very good, even excellent categories. Similarly, the body speed or reaction component of the athlete's daughter preparation for the Provincial Sports Week in Sinjai district tends to be at the level of category C, which is 22 people or 71.0%, the rest falls in the category level less and less.

The speed of reaction for an attacker is crucial in making an attack movement against an opponent as well as when it is necessary to make an assault movement and forward and backward movements to set the right timing in an attempt to attack. The reaction speed of a sprint rider is very decisive at the start, so this component has to be built and enhanced for the number-number sprint athletes. Karate athletes to perform either a hit or a shot in the right direction of the target on the opponent, can only be done if the player has a good body speed or reaction. Speed training can make the body more agile in movement and activity, so the athlete will feel easier to move from one place to another without any meaningful complaints from the body. (hellosehat.com.cardio.com.28Juni 2021). The speed exercise requires movement in the shortest possible time that requires the maximum role of the muscles and bones of the leg. The movement of the speed exercise performed should

be routine and repeated so as to maximize the health of muscle and bone of the foot that can avoid a variety of diseases ranging from the actual pain to the degeneration of the bone. Similarly, the results of this study are supported by the view that the speed of reaction is the ability to perform similar movements in succession in a short time or to travel a distance in a fast time (Wilujeng and Hartoto, 2013). Ojs.uho.ac.id.). Thus, the speed of running and reaction to the athletes of game sports, measured sports and skating sports are very necessary, because reaction speed is the movement performed by the body to respond as quickly as possible instantly after receiving a response or event in a unit of time.

Strength component (strength)

The data analysis of the strength of the right hand muscle athlete prince sports branches of the game of anggar, sport measurement athletic and sport branches karate is more predominantly at the level of category Sufficient is 13 people or 38.2%, the rest is in the category less much and category good and very good. Whereas strength of right hand athletes princes tends to be at level of the category Sufficient is 16 people or 51.6%, the remainder falls into the category level less and less, good and no one enters the category very well. Thus it can be explained that the strength of the right hand muscle athlete prince and daughter preparation championship PORPROV XVII 2022 District of Sinjai, is at the level of category Sufficient. The results of this data analysis provide information to coaches and athletes to get attention so that the strength component of the right hand can be upgraded to a minimum of good, very good, even excellent levels. The strength of the right hand muscle for an athlete is very important, especially for a wrestler and a karate player.

The results of the analysis of the data on the strength of the left hand muscles of the athletes the prince of anggar, athletics and karate tended to be at the level of category Sufficient 13 people or 38.2%, the rest are in the category good, less and category less. Thus this component must be enhanced through training to a minimum level of good, very good even excellent. The data analysis of the strength of the arm pushed muscle concluded that the athlete's propensity was at the level of the category Less of 12 or 35.3%. Similarly with the force of the arms pushed athletes' propensities were at the levels of the categories Sufficient and Less respectively of 11 or 35.5%. The arm pushing strength component for a wrestler is very decisive in attacking an opponent, as well as with a karate atlet both word number and kumite pushing arm component is very important in performing striking movements, spinning against a target on the opponents during a match. The analysis of the data on the strength components of the arm attracted athletes at the highest level, athletics and karate concluded that the tendency was at a good catagori level of 10 or 29.4%, and the category was less than 10 people or 29.4%. Similarly with the strength of the arms at the athlete princess tended to be at the level of the category less than 18 people or 58.1% and the rest were in the category much less and none went into the category very good and good and there was 1 attorney who did not follow the tests and measurements. This component is important for the wrestler in carrying out a wrestling that is continued with a retaliatory attack, as well as for the karate athlete in performing the movements of the wrist, the punch and the kick. In athletic athletes the strength of the arm's muscle attracts is widely used on certain numbers.

The strength component of the femur muscle is generally athlete's tendency to be at the level of the category Less Once 19 or 55.9%, and the rest falls in the category less. Similarly with the athletes obtained the result that the strength of the male muscle tends to be in the level as much as the category 19 or 61.3%. The muscle strength of femur athletes is still a category less, this will affect the performance of the sportsmen, athletics and karate in each of their matches, so it needs to be improved through intensive training. The strength

of the squad muscle is very much needed for a squad player ranging from a standby position, making a step forward, a step back and an attack to reach the target on the opponent can only be done if the player has good squat muscle strength. Athletes run numbers, jump numbers and throw numbers on athletics require good muscle strength to perform specific techniques on those numbers. The strength of the limb muscles of a karate player is decisive in making attack moves, making a kick against the opponent and also in ensuring the stability of the members in every game.

Based on the data analysis of back muscle strength athlete prince tends to be at the level of the category Less Once of 29 people or 85.3%. Whereas the strength of the body muscle athletes princes tend to be in the category level of 19 people or 61.3%. This data provides information to athletes and trainers that the component of the muscle back strength is to be considered to be promptly enhanced through training, both in princes who mostly are still in the level category sufficient even less in the prince athletics who are generally still in category less. The strength of the back muscle is essential in any sport, athletics and karate, because the strength of back muscles is the central or center of the equilibrium of the entire limb, where the stability of the limbs is largely determined by the strengths of the muscle. So this component has to be upgraded to a minimum of good, very good, even excellent, when an athlete is expected to perform first later in a game or race at PORPROV.

Power component

Power is a person's ability to perform explosive movements that are a combination of speed and force. The ability of an athlete to overcome an obstacle at a high contraction rate, or the ability of a person's muscle or group of muscles to use the maximum directed force in the shortest possible time. The power component or explosive power of an athlete is essential and required in any game or race. Power is required for a striker to perform a series of attacks, whether it is the power of the arm holding the weapon as well as the backbone power is required at the time of carrying out an attack to reach the target on the opponent. Based on the data analysis of the power components of the arm, it was found that athletes in general are still at the level of the category Sufficient of 16 or 47.1%. Whereas the power or arms of the princess athlete is still at a level of category Sufficient of 15 or 48.4%. The analysis of data on the upper power of the bracelet athletes in general is already at the category Good of 14 or 41.2%. While the power of a princess is in the class Sufficiently of 22 or 71.0%. Measurements of the front power to the prince athlete found that the tendency to be at a category Less Once is 14 people or 41.2%; whereas the strength of the forehead athlete in general was found to be still in the category One Time Less of 15 people or 48.4%.

based on the analyses of the data on power component, the power upper arm and front power at the general level are still in quite a few categories. It needs attention for athletes and trainers to be promptly enhanced through a measured training program so that this power component can increase to a minimum at a level of good, very good even excellent. The power of the arms and brackets for a wrestler is decisive in carrying out an attack movement against an opponent, the number of short and medium-range athletes, the throwers, the discs, the hammer and the bullet pushers for a runner and the thief in athletics are decisive for achieving the best achievement. Likewise, a karate athlete is either a word number or a kumite component of power or power is required to perform the best in every match. Power or power for a skilled, athletic and karate is very important in competing because the ability to exert maximum strength and speed in a short time is very needed in the sport. (Widiastuti, 2011). The recommended forms of exercise for an athlete in an attempt to increase power or strength are weightlifting, harvard step tests, cycling,

push up exercises, sit-ups, squats and many more other types of exercising that can be selected to increase a person's power component or strength. This form of exercise can be done by applying both internal and external loads by keeping guidelines on the components of the exercise and the principles of training according to the competence of the respective sports. This is important because the power or power requirements of the sports branches of the game, the sport of measurement and the sports of skiing each have different characteristics.

Flexibility component

Formation is the ability of the body to perform exercises with large or wide amplitudes of movement. Formation is the ability of the wrist or joint to perform movements in all directions optimally (Jonath & Krempel in Suharto, 2000). Formation is the ability of a person to move a body or parts of a body in an extensive space of motion, without injury to the surrounding joints and muscles. Even a well-formed person can adjust to any work activity effectively, efficiently and optimally during a competition or race. Training is essential for every sport, including the sport of games, athletics and karate. Based on the analysis of the data on the athlete prince found the results that the formation component of the tendency is already at the level of the Good category of 12 people or 35.3%. Whereas the formation of the princess athletes is still the trend of the category of 17 people or 54.8%. This data provides the information to the sportsmen and in particular trainers so that this training component can be improved at the minimum level of good, good, even excellent. It is therefore expected that the trainer to enhance this component through various forms of physical exercise that are more specific to the development of the formation of their respective branches of fitness. The form of exercise can be by applying internal loads or external loads, so that this component can increase at least equally and in line with other physical conditions. The determination of a wrestler is essential when an athlete performs an attack against an opponent in order to reach a legitimate target. Similarly, athletes throwing and jumping high in the flop style, this determination is crucial to achieving the best jump. Therefore, this component is promptly enhanced through a regular and continuous training program.

Strength, or flexibility, is essential to the athletes of the sport, athletics and karate to win a competition or race, because strength is one of the contributing factors in the mastery of a high technique, reduces the risk of injury, reflects the art of movement and can increase the speed of movement in the activity. (Suharno, 1985). Therefore, this component needs attention for athletes and trainers to be raised to a minimum at the level of either category, good or even excellent so that the athlete can perform first in a match or race. These forms of training can be done with general training, special training and active training by following the principle of training.

Agility component

Agility is the ability of a person to change direction of movement or speed in changing direction or movement of the body with high speed and precision (<http://www.sehatq.com>, 27 June 2020). Agility is the ability to perform similar movements in succession in the shortest possible time or to travel a distance in a fast time. Based on the data analysis of the agility component of the prince athletes, it can be explained that the physical agility condition of the reverse athlete tends to be at the level of the Good Once category of 29 people or 85.3%, whereas agility in the princess athletics found that the tendency is already at 13 people or 41.9%. The results of the study provide information to the athletes and trainers so that the components of agility to the Athletes can be improved even if they can be

further upgraded to an excellent level so that they can perform with primacy at the next PORPROV championship. The agility factor for athletes is crucial to mastering a variety of techniques in athlete's appearance at a time in a game or race.

Athletics and karate require agility in every match, because this sport requires the ability of athletes to change directions quickly and accurately without losing balance. These forms of agility training include zig-zag running, fast-turn running, boomerang running, zigzag jumping and squat thrust training. These exercises are an option for athletes and trainers to enhance agility components by guiding on the principles of training and adjusted to their skill. The advantages of agility for athletes can be the coordination of stimulating double movements, facilitating mastery of high-tech techniques, making movements effusive and effective, as well as the facilitation of orientation towards opponents and the environment in matches and racing situations.

Strength Component (endurance)

Muscle strength is the capacity of a group of muscles to perform continuous contractions while holding a submaximum load over a certain period of time. One of the parameters of a person's physical fitness is the component of fitness, because fitness is an indicator of one's health, even when someone's fitness is good, then it is predictable to be able to show good performance. Exercise is resistance to fatigue and rapid recovery from fatigue. Based on data analysis of the abdominal muscle component of the athlete prince found results that the tendency is still at the level of category Less Once 13 people or 38.2%, as well as athletes princes found that the trend is still in the category Lesser Once 26 people or 83.9%. The results of this study recommends that athletes and trainers this abdomen component should be promptly enhanced through exercise. The results of the test on the arm muscle component of the prince athlete found that the tendency to be at the level of category Sufficient is 11 people or 32.4%. Similarly with princes athletes found the results that the component muscle muscle of the arm still tends to be in the level category Less than 12 people or 38.7%.

The muscle strength of the leg serves to help the condition of the player to avoid fatigue which is very meaningful in order to carry out the maximum movement. The test results on the measurement of the thoracic muscle strength of the prince athlete revealed that the tendency was already at the level of the Good category of 17 or 50.0%. While the test results of the component of the Thoracic Muscle strength against the princes athletes were found to be at the good level of 11 or 35.5%. This indicates that the components of the herd muscles are already in the expected category of good. Therefore, the muscular strength component is preserved as much as possible, even upgraded to a better level so that the athletic can perform with primacy at the next competition or race.

The VO₂max is an indication of a person's fitness. VO₂max is an indicator for predicting the performance of an athlete, especially athletes, athletics and karate. Based on the results of a test on the component of cardiovascular discharge or VO₂ max for a prince, the result was that his tendency was at the level of Less of 14 or 41.2%. Similarly, a test of the components of cardio-vascular discharges or prince athletes, the results were that the tendency is still in the category Less Of 17 or 54.8%. This data provides information to sportsmen and trainers for this component to be promptly improved through training, especially the cardiovascular discharging or Vo₂max, because this element is very determining for the performance in a professional, athletic, and Karate at every number that is matched or scored. Strengthening of abdominal muscles, arm muscle, limb muscle and cardiovascular muscle can be enhanced through various forms of fitness exercise. Exercise

can be done using internal or external loads as long as it adheres to the principles of training with the training component at each skill level.

CONCLUSION

The physical condition of speed, muscle strength, muscle power, flexibility, agility, muscle endurance and VO₂max endurance of athletes in the fencing sport, athletic measuring sport and karate martial sport of male and female athletes PORPROV XVII 2022 Sinjai Regency tends to still be at the fair category level. It is recommended to athletes and coaches that the physical components of speed, strength, power, flexibility, agility and endurance of male and female athletes in the fencing sports, athletic measuring sports and karate martial arts which are prepared to take part in the 2022 Sinjai Regency PORPROV XVII championship still need to go through the program regular, systematic and continuous training while adhering to the training principles according to each sport.

CONFLICT OF INTEREST

All authors declare that there is no conflict of interest in this research.

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