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Physical Condition Of Unimed Sepak Takraw Club Athletes

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Abstrac: Athletic performance fundamentally depends on physical conditioning, which remains essential for competitors seeking excellence in their respective disciplines. Each sport presents unique physiological demands that athletes must address through targeted development of their bodily capabilities. This research investigated the fitness characteristics of male sepak takraw players from Unimed's club (USTC). Using quantitative descriptive analysis, researchers assessed five athletes chosen through purposive sampling methods. Physical evaluations measured multiple attributes including muscular strength, velocity, coordination, explosive capacity, and cardiovascular stamina. Findings revealed that participants demonstrated moderate fitness levels, with 60% achieving satisfactory ratings across measured parameters. These outcomes provide valuable insights for coaches and trainers to refine their preparation strategies, adjust program delivery, and optimize conditioning approaches throughout training cycles. The data supports evidence-based decision-making in athlete development planning..

Keyword: Physical condition, Sepak takraw, UNIMED athletes, Physical fitness, Physical components

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INTRODUCTION

Sport is a physical activity undertaken to maintain health and strengthen the body's muscles. This activity can be entertaining, enjoyable, or even aimed at improving performance (Supriyoko & Mahardika, 2018). Sport serves not only for health, achievement, and education, but also as a medium for building and strengthening national unity and integrity, which in turn contributes to national development. One very popular sport in Indonesia, especially on campus, is sepak takraw. Sepak takraw is also very popular among people of all ages, including children, teenagers, adults, and even the elderly, both men and women. Sepak takraw is a competitive sport and is competed in at the university, district, provincial, national, and international levels. The purpose of holding Sepak takraw championships is to enhance athletes' competitive experience, motivate athletes to excel, and introduce Sepak takraw to the wider community. Many supporting factors influence achievement in sports activities, such as athletic conditioning, technical proficiency, competitive tactics, and minds (Soniawan & Irawan, 2018). Furthermore, training is a crucial factor in achieving success. The chosen form of training will also be crucial in achieving the desired training targets (Ridwan, 2020). In sepak takraw, athletes are required to have good physical abilities, because from a good physique, components such as technique, tactics, and mentality will be formed. A player must also be able to maintain and manage their physical condition so that the energy expended during play is effective and efficient, so that they do not tire easily and are able to perform movement techniques correctly (Adziman et al., 2017). Training Special physical conditions are physical abilities that are specific to a particular sport. Sports differ in their inherent characteristics and demands, which necessitates sport-specific physical training (Maliki et al., 2017). Just as in numerous sports, sepak takraw needs optimal physical abilities. The dominant physical components needed by sepak takraw athletes are strength, speed, agility, endurance, flexibility, and explosive power in training and competition (Indrajaya, 2017).

Assessing an athlete's physical condition, whether optimal or not, requires an evaluation of their physical abilities. If an athlete is experiencing poor physical condition, immediate action will be taken to improve the condition. To improve athlete performance, several factors must be considered in the coaching process, including adequate facilities, qualified coaches, talented athletes, and regular competitions. All of these factors must be supported by adequate knowledge and technology. By understanding a sepak takraw athlete's physical condition, we can estimate their potential for future success. Therefore, a coach's responsibility is to design an effective training program to support the athletes they coach. Achieving elite-level excellence requires coaches to provide thorough preparation that addresses athletes' physical conditioning, tactical proficiency, and mental readiness (Sofyan & Budiman, 2022). Based on observations, the Unimed Sepak Takraw Club (USTC) is a training center for athletes in North Sumatra province. Sepak takraw athletes train five sessions a week, Monday through Friday, at 4:00 PM WIB. The training field is the Unimed sepak takraw field. In preparation for regional and national inter-university championships, physical condition is crucial. Poor physical condition will impact an athlete's performance. (Saputra & Aziz, 2020) findings that the better a person's physical condition or abilities, the greater their chances of achieving success. Conversely, the lower their physical condition, the more difficult it is to achieve success.

Physical readiness serves as a fundamental element throughout the majority of sports disciplines. Therefore, fitness programming necessitates deliberate attention, thorough preparation, and methodical approaches to optimize physiological capabilities and organ functionality (Sofyan & Sulanjana, 2020). Achieving competitive parity demands athletes commit to comprehensive development across mental and physical domains, including instructional components, mentorship, strategic execution, technical ability, inner drive, superior fitness status, alongside external factors such as social circumstances (Aksan, 2015). According to (Jariono et al., 2020) to support success in improving the physical condition of athletes carried out and expected, it is necessary to prepare consistent and stable training in the sense that it does not change from one measurement time to another through scientific studies. Based on this assumption, a response is needed to address the problems previously explained. Therefore, a more in-depth analysis is needed through research to examine the physical condition of sepak takraw athletes at the Unimed Sepak Takraw Club (USTC).

METHOD

The investigation utilized a descriptive quantitative framework, gathering numerical data representing genuine field conditions (Sugiyono, 2019). Sample determination followed purposive selection methods, establishing a population study of five registered male sepak takraw athletes from USTC who maintained active training participation. Physical assessment data collection occurred through structured testing protocols and measurements. Testing instruments included push-up exercises for strength evaluation, sprint distances for speed analysis, shuttle run patterns for agility assessment, vertical jump measurements for power determination, and Multistage Fitness Tests for endurance evaluation. Descriptive statistics facilitated data interpretation. Athletes' raw performance scores underwent conversion into standardized T-score values, from which normative standards were established and subsequently organized into five categorical classifications.

RESULT

Table 1. Descriptive Statistics of Physical Condition

N	Minimum	Maximum	Sum	Mean
5	211.46	275.53	1250	250

The information presented in table 1 illustrates the physical capability profile of sepak takraw athletes obtained through testing, facilitating the classification of USTC players' conditioning status. Table 2 presents these analytical results;

No	Interval	Frekuensi	Persentase	Kategori
1	≥ 290.02	0	0	Superior
2	263.35 – 290.01	3	60	Elevated
3	236.68 – 263.34	0	0	Adequate
4	210.01 – 236.67	2	40	Insufficient
5	$X < 210.00$	0	0	Very Low

The information presented in table 2 demonstrates the physical preparedness profile of USTC players (USTC) sepak takraw athletes dominates the high category with a percentage result of 60%.

DISCUSSION

Physical preparedness signifies being equipped to handle forthcoming training sessions, whereas from a biological perspective, fitness denotes one's ability to evaluate the extent of their abilities to support sports activities. Good physical fitness is essential for an athlete or sportsperson, one of which is in sepak takraw. Like other sports disciplines, sepak takraw is a type of physical activity that requires optimal body condition, including flexibility, strength, quick reactions, agility, explosive power, and endurance both during training and during competition. To achieve all these abilities, a consistent and structured training program is required. Therefore, it is important to understand the physical profile of USTC sepak takraw athletes in order to design more effective training programs in the future. Based on the research findings, there were 0 athletes categorized within the superior range with a percentage of 0%. Furthermore, in the high category there were 3 athletes, bringing the percentage to 60%. In the medium category, there were 0 athletes who produced a percentage of 0. In the low category, there were 2 athletes with a percentage of 40%, and no athletes were included in the very low category. From the analysis results, it can be concluded that the physical condition profile of USTC sepak takraw athletes is in the high category with a percentage of 60%.

This analysis reveals that the physiological conditioning of Unimed Sepak Takraw Club athletes is quite adequate. This is due to regular training and the athletes' continued active participation as students in numerous physical activities. Insufficient training frequency leads to a decline in physical fitness levels, which impacts the athletes' suboptimal physical condition. Regular training is crucial for maintaining physical fitness, thus maintaining good physical

condition. With optimal physical condition, an athlete can perform more intense activities without encountering substantial tiredness. Thus, competitors should demonstrate maximum capability during tournaments to accomplish their objectives. According to training methodology, this constitutes a progressive journey toward superior conditions by elevating bodily qualities, organic functions, and mental wellness. Physical fitness standards rise alongside increased daily movement activities. Achieving peak physiological readiness necessitates supportive practices that advance athletic conditioning, including sustained exercise commitment. Mastery of technical skills and strategies in a sport, especially for sepak takraw athletes, is greatly influenced by elements of physical condition. Because in principle, training greatly influences physical conditions related to coaching patterns, improvement and optimal achievement, the training in question is physical training that must be organized, planned and carried out well and systematically so that it can improve the required biomotor abilities (Hardiansyah et al., 2022).

The results of this study revealed that physical condition depends on fundamental biomotor elements and biomotor elements that are a combination of several basic biomotor elements such as power and agility, as well as the impact of external factors such as location limitations and the type of training program determined by the coach. Optimal fitness levels will bring athletes to the physical readiness necessary to hone basic skills before moving on to more complex techniques for improved performance. This is a consideration for USTC sepak takraw coaches to pay more attention to achieving athletes' physical condition, especially the aspect of strength, which requires more attention for more significant improvements. The findings of the study indicate that sepak takraw athletes' strength indicators are relatively low. In fact, physical condition may be developed through systematic training initiatives. Athletes advance their abilities from elementary movements to complex maneuvers provided they maintain proper bodily (Zhannisa & Sugiyanto, 2015).

CONCLUSION

An athlete's physical condition should clearly be a primary focus for coaches as a basis for assessing the effectiveness of a training program, its implementation, and how the athlete is conditioned to follow the established training program. For athletes, this can be a tool for assessing their commitment and self-discipline in following the training program developed by the coach, and can also stimulate and increase their motivation to follow the training programs provided by the coach.

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