

ABSTRACT

FAHMI AHMAD FAUZI. 2022. *Physical Fitness Level of Santri Al-Qur'an Islamic Boarding School Nurul 'Arif Salam City of Tasikmalaya*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Sports activities that are usually carried out among students are playing badminton, volleyball and jogging, but these activities are only carried out twice a week, sometimes even once a week. It is still very irregularly carried out and it is also carried out by a small number of students. Apart from the lack of intensity of the sports activities that they do, it turns out that in doing these sports activities the students feel exhausted quickly and complain about the fatigue they experience after exercising. Apart from complaining about their fatigue, the students also complained about their body condition which felt tired and felt pain in several parts of the muscles used for activities. This study aims to determine the level of physical fitness of the students of the Al-Quran Islamic Boarding School Nurul 'Arif Salam, Tasikmalaya City. This research method is descriptive quantitative. The data collection technique used in this study was a test technique using the Indonesian physical fitness test instrument. The population is 137 students, with a sample of 33 students. Data analysis techniques in this study are descriptive statistical analysis and inferential statistical analysis. Based on the results of the analysis and discussion, the final goal that the researcher conveyed was that the physical fitness level of the students of the Nurul 'Arif Salam Al-Quran Islamic Boarding School, Tasikmalaya City, was not in the less category.

Keywords: *Physical Fitness, Boarding School, Santri*