

## **ABSTRACT**

**FADLAN SABILIL HUDA, 2023. *Profile of Physical Fitness of Students at SMA Negeri 6 Tasikmalaya City*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.**

*Physical fitness is very important for humans, with fitness, work productivity will increase. Physical exercise is a person's physical ability to carry out daily activities without experiencing significant fatigue. Learners are someone who is in the process of developing themselves through the learning process and becomes an important component in the learning process. This study aims to find out the physical fitness profile of students at SMAN 6 Tasikmalaya City. The research method used is to use a quantitative approach descriptive method. The instrument used in this study was Tes Kebugaran Pelajar Nusantara (TKPN) for children aged 9-18 years published by KEMEPORA in 2022 which consisted of 4 fitness tests including: V Sit and Reach, Sit Up, Squat Thurst, Pacer Test. The population in this study were 10th grade students at SMAN 6 Tasikmalaya City, totaling 460 participants and being sampled using the Slovin technique with a significance level of 5%, namely 214 students. The results of the study obtained were very low, amounting to 0 students (0%), lacking 180 students (84.1%), sufficient for 34 students (15.9%), a total of 0 students (0%), good once amounted to 0 students (0%). Based on an average of 1.66. physical fitness profile physical fitness profiles of SMAN 6 Tasikmalaya City students are in the "Less" category.*

**Keywords: Profile, Physical Fitness, Students, Physical Education.**