

## **ABSTRACT**

Fahmi Hidayat. 2022. ***Physical Fitness Level of Class X Students of SMA At-Tajdid Tasikmalaya***. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

*The problem in this research is the level of physical fitness which is still unknown. There are still some students who look lethargic, apart from that there are many student activities at school and outside of school. This study aims to determine and show that the Physical Fitness Level of Class X Students of At-Tajdid High School for the 2021/2022 Academic Year. The method used is a survey with data collection techniques using a questionnaire. The survey method is a research method used to obtain data about a belief or opinion. The technique for collecting data is using the Random Sampling technique, meaning that the researcher selects a sample from a randomly selected population. The population in this study were 60 grade X students who attended SMA At-tajdid Tasikmalaya. The sample in this study was 30 students who were SMA At-tajdid Tasikmalaya. Research results show that the physical fitness level of class X students at At-Tajdid High School for the 2021/2022 school year is in the category "Very Good" by 13% (4 athletes), "Good" by 40% (12 athletes), "Medium" by 36, 67% (11 athletes), "Less" is 10% (3 athletes) and "Not once" is 0% (0 athletes). Based on an average score of 17.73, the physical fitness level of class X students at SMA At-Tajdid for the 2021/2022 academic year is in the "Good" category. The conclusion from this study is that the level of physical fitness of class X students at SMA At-tajdi Tasikmalaya for the 2021/2022 school year, namely that there are differences in the level of physical fitness between individuals with the results or most of them are still in the good category of 40%, meaning that some students from the entire class X SMA At -Tajdid Tasikmalaya is in the good category regarding the level of physical fitness.*

**Keywords:** *Physical Fitness, Students*