

ABSTRAK

**Toni Kristian Hutapea, NIM. 6203121038. Profil Kondisi Fisik Atlet Sumut *Kickboxing* Menuju *Event* Kejurnas 2025. Fakultas Ilmu Keolahragaan. Universitas Negeri Medan. 2025.
(Pembimbing : Novita)**

Kondisi fisik yang optimal sangat penting bagi atlet *Kickboxing* dalam latihan dan pertandingan. Atlet yang memiliki kondisi fisik yang baik dapat lebih mudah menguasai teknik, bertahan dalam pertandingan yang panjang, dan tampil maksimal. Penelitian deskriptif ini bertujuan menganalisis kondisi fisik atlet *Kickboxing* Provinsi Sumatera Utara dengan metode yang digunakan dalam penelitian ini adalah metode survei, sedangkan teknik dan pengumpulan data menggunakan tes dan pengukuran. yang akan berkompetisi di Kejuaraan Nasional (Kejurnas) 2025, dengan sampel 12 atlet yang lolos untuk mengikuti Kejurnas. Hasil tes menunjukkan bahwa hasil *push up* atlet *Kickboxing* didapatkan kategori baik sekali 0 (0%), kemudian kategori baik sebanyak 3 (25%), kategori cukup sebanyak 7 orang (58,33%), kategori kurang sebanyak 2 orang (16,67%) dan kategori kurang sekali sebanyak 0 (0%). Hasil *sprint* 30 meter atlet *Kickboxing* didapatkan kategori baik sekali 0 (0%), kemudian kategori baik sebanyak 3 (25%), kategori cukup sebanyak 5 orang (41,66%), kategori kurang sebanyak 1 orang (8,33%), dan kategori kurang sekali sebanyak 0 (0%). *shuttle run* atlet *Kickboxing* didapatkan kategori baik sekali 0 (0%), kemudian kategori baik sebanyak 2 (16,66%), kategori cukup sebanyak 7 orang (58,33%), kategori kurang sebanyak 1 orang (8,33%), dan kategori kurang sekali sebanyak 2 orang (16,67%). Hasil daya tahan atlet *Kickboxing* didapatkan kategori baik sekali 0 (0%), kemudian kategori baik sebanyak 0 (0%), kategori cukup sebanyak 3 orang (25%), kategori kurang sebanyak 4 orang (33,33%), dan kategori kurang sekali sebanyak 5 orang (41,66%). Secara keseluruhan, meskipun atlet *Kickboxing* Sumut berada pada tingkat yang cukup baik dalam beberapa aspek, mereka harus meningkatkan kondisi fisik terutama pada daya tahan, kecepatan, dan kekuatan. Program latihan yang terstruktur dengan fokus pada peningkatan komponen-komponen fisik ini diharapkan dapat membantu atlet mencapai kondisi fisik yang optimal dan siap bersaing di Kejurnas 2025.

Kata Kunci: Atlet, Kondisi Fisik, *Kickboxing*

ABSTRACT

Toni Kristian Hutapea, NIM. 6203121038. Physical Condition Profile of North Sumatra Kickboxing Athletes Towards the 2025 National Championship Event. Faculty of Sports Science. State University of Medan. 2025. (Supervisor: Novita)

Optimal physical condition is very important for Kickboxing athletes in training and matches. Athletes who have good physical condition can more easily master techniques, survive long matches, and perform optimally. This descriptive study aims to analyze the physical condition of Kickboxing athletes in North Sumatra Province with the method used in this study is the survey method, while the technique and data collection use tests and measurements. who will compete in the 2025 National Championship (Kejurnas), with a sample of 12 athletes who qualified to take part in the National Championship. The test results showed that the push up results of Kickboxing athletes were in the very good category 0 (0%), then the good category was 3 (25%), the sufficient category was 7 people (58.33%), the less category was 2 people (16.67%) and the very less category was 0 (0%). The results of the 30-meter sprint of Kickboxing athletes were in the very good category 0 (0%), then the good category was 3 (25%), the sufficient category was 5 people (41.66%), the less category was 1 person (8.33%), and the very less category was (0%). shuttle run Kickboxing athletes obtained a very good category of 0 (0%), then a good category of 2 (16.66%), a sufficient category of 7 people (58.33%), a less than 1 person (8.33%), and a very poor category of 2 people (16.67%). The results of the endurance of Kickboxing athletes obtained a very good category of 0 (0%), then a good category of 0 (0%), a sufficient category of 3 people (25%), a less than 4 people (33.33%), and a very poor category of 5 people (41.66%). Overall, although North Sumatra Kickboxing athletes are at a fairly good level in several aspects, they must improve their physical condition, especially in endurance, speed, and strength. A structured training program with a focus on improving these physical components is expected to help athletes achieve optimal physical condition and be ready to compete in the 2025 National Championship.

Keywords: Athlete Physical Condition, Kickboxing.