

ABSTRAK

PROFIL KONDISI FISIK PARA-ATLETIK *NATIONAL PARALYMPIC COMMITTEE INDONESIA* (NPCI) KABUPATEN BANYUMAS.

Latar Belakang: Pembinaan olahraga penyandang disabilitas dilakukan dengan tujuan menumbuhkan rasa percaya diri, harga diri, kondisi fisik dan untuk meningkatkan prestasi atlet. Kondisi fisik merupakan komponen sangat penting dalam olahraga prestasi. Penelitian ini bertujuan untuk mengetahui dan mengukur kondisi fisik yang dimiliki oleh para-atletik di NPCI Kabupaten Banyumas

Metodologi: Penelitian ini menggunakan metode deskriptif kuantitatif, penelitian ini menggunakan teknik purposive sampling. Pengambilan data menggunakan instrumen tes *vertical jump*, *sit up*, *push up*, lempar tangkap bola, dan *sprint* 40 meter. Sampel adalah atlet *National Paralympic Committee Indonesia* (NPCI) Kabupaten Banyumas

Hasil penelitian: Dari 8 atlet yang mengikuti penelitian terdapat 1 atlet yang mendapatkan kategori “Sangat Baik”, 1 atlet yang mendapat kategori “Baik”, 3 atlet yang mendapatkan kategori “Cukup”, 3 atlet yang mendapatkan kategori “Kurang”, dan tidak ada atlet yang mendapatkan kategori “Sangat Kurang”

Kesimpulan: Rata-rata nilai 8 atlet para-atletik *National Paralympic Committee Indonesia* (NPCI) Kabupaten Banyumas termasuk ke dalam kategori “Cukup”.

Kata Kunci: NPCI, Kondisi Fisik, Para-Athletik

ABSTRACT

PHYSICAL CONDITION PROFILE OF THE INDONESIAN NATIONAL PARALYMPIC COMMITTEE (NPCI) PARA-ATHLETICS OF BANYUMAS DISTRICT.

Background: Sports coaching for people with disabilities is carried out with the aim of growing self-confidence, self-esteem, physical condition and to improve athlete performance. Physical condition is a very important component in sports performance. This research aims to determine and measure the physical conditions of para-athletics at NPCI Banyumas Regency.

Methodology: This research uses a quantitative descriptive method, this research uses a purposive sampling technique. Data collection uses test instruments *vertical jump*, *sit up*, *push up*, throwing and catching the ball, and *sprint* 40 meters. The sample is athletes *National Paralympic Committee Indonesia* (NPCI) Banyumas Regency

Research results: Of the 8 athletes who took part in the research, 1 athlete received the "Very Good" category, 1 athlete received the "Good" category, 3 athletes received the "Fair" category, 3 athletes received the "Poor" category, and there were no athletes which received the "Very Poor" category

Conclusion: Average scores of 8 para-athletic athletes *National Paralympic Committee Indonesia* (NPCI) Banyumas Regency is included in the "Sufficient" category.

Keywords: Athletics, Physical Condition, Para-Athletics

