

## Physical Fitness Component Profiles of Futsal Team Members of Universitas Padjadjaran in November 2011

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### Abstract

**Background:** To be a good athlete, an athlete needs to possess good predominant components of physical fitness. Futsal Team of Universitas Padjadjaran has never won any competition. This study was conducted to identify the predominant component profiles of physical fitness of Futsal Team members of Universitas Padjadjaran. The predominant component profiles were classified based on the Indonesian National Sport Committee (KONI) standard.

**Methods:** This study was carried out at the Faculty of Medicine Student Center of Universitas Padjadjaran in November 2012. Twenty two members of the Futsal Team were enrolled as subjects of the study. The study used the step test to examine aerobic endurance; the leg dynamometer to measure leg muscle strength; the squat jump test to test the leg muscle endurance; the vertical jump test to measure leg muscle power; and the sit and reach test to measure lower extremity flexibility. The data collected were analyzed using percentage.

**Results:** Leg muscle strength was mostly in the fair category (95%). Leg muscle power was mostly in the good category (41%). Leg muscle endurance was mostly in the good category (82%). Leg flexibility was mostly in the excellent category (91%) and aerobic endurance was mostly in the good category (41%).

**Conclusions:** Only several members of Universitas Padjadjaran Futsal Team have an excellent physical fitness profile. Most of the members fell into the fair and good category. [AMJ.2015;2(3):440-7]

**Keywords:** Aerobic endurance, flexibility, futsal, muscle endurance, muscle power

### Introduction

Sport has become an important part in people's lives. People do sport for various purposes. It can be a means of recreation, maintenance or improvement of health, education, and also a means of achievement.<sup>1,2</sup>

Futsal is a popular sport, including on university and college level. In order to be capable for accomplishing good achievements, it is necessary for athletes to possess good predominant components of physical fitness. The predominant components of physical fitness for futsal players are muscle strength, muscle endurance, muscle power, flexibility, and aerobic endurance.<sup>3</sup>

The Universitas Padjadjaran Futsal Team has been active in recent years by participating

in various competitions. However, up to now, the team has never won any competition.

This study was undertaken to identify the profile of physical fitness components of the Universitas Padjadjaran Futsal Team which will be classified based on the Indonesian National Sport Committee (KONI) standard.

### Methods

This study was carried out at the Faculty of Medicine Student Center Padjadjaran University in November 2012. Twenty two members of the Futsal Team were enrolled as subjects of the study.

The subjects received explanation about the study before it was conducted. It was confirmed that the subjects would not perform

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