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2-5 September 2016

Harmony Amidst Diversity: Strengthening Collaboration in Sport, Health and Physical Education



Hosted by:
MSU-Iligan Institute
of Technology



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2nd ACPES 2016
International Conference
Pearlmount Hotel
Cagayan de Oro City
September 2-5, 2016

PROGRAM OF ACTIVITIES

SEPTEMBER 02, 2016 - FRIDAY

8:00 – 5:00 PM Arrival of Delegates and Start of Registration

1:00-4:00 PM Pre-Conference Dance Workshop

Facilitators:

- Dr. Rebecca M. Alcuizar
Faculty, Department of Physical Education
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Technology
Iligan City, Philippines
- Dr. Leomie B. Lagrosas
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St. Michael's College, Iligan City, Philippines

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Director
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MSU-IIT, Iligan City

NOTE: **Pre-Conference Activities are optional.**

Anthropometric and Physical Fitness of Junior High School Students in West Java Indonesia

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Abstract

The purpose of this study was to evaluate anthropometric and physical fitness of junior high school students in Indonesia. Methods: this study was conducted at 240 girls and 280 boys with total numbers of 520 students in West Java. Data was collected by test and measurement on anthropometric including standing height, sitting height, body mass, and spam arm; physical fitness tests including sprint 40m, shuttle run, vertical jump, basketball throw, tennis ball catch and throw, and multistage fitness test. Data was analyzed using mean and standard deviation. Results: the results of this study were found that mean of standing height was $151,29 \pm 6,55$ cm (girls) and $156,31 \pm 9,86$ cm (boys), sitting height was $79,58 \pm 5,10$ cm (girls) and $81,81 \pm 5,14$ cm (boys), body mass was $43,48 \pm 8,29$ kg (girls) and $44,51 \pm 10,26$ kg (boys), spam arm was $153,12 \pm 7,28$ cm (girls) and $159,67 \pm 11,09$ cm (boys) for anthropometric. Mean of sprint 40m was $8,14 \pm 0,95$ seconds (girls) and $7,27 \pm 4,97$ seconds (boys), shuttle run was $23,78 \pm 2,06$ seconds (girls) and $21,12 \pm 2,26$ seconds (boys), vertical jump was $31,49 \pm 9,12$ cm (girls) and $39,79 \pm 10,82$ cm (boys), basketball throw was $3,32 \pm 0,64$ m (girls) and $4,07 \pm 0,86$ m (boys), tennis ball catch and throw was $4,00 \pm 3,87$ times (girls) and $9,00 \pm 4,89$ times (boys), and multistage fitness test was $34,26 \pm 2,21$ ml/kg/min (girls) and $42,12 \pm 4,31$ ml/kg/min (boys) for physical fitness. Conclusion: It can be concluded that the students of junior high school in West Java Indonesia need to be improved for their physical fitness.

Keywords: anthropometric, physical fitness, students, junior high school

A. Background

B. Methods

This study was conducted at 240 girls and 280 boys with total numbers of 520 junior high school students in West Java with ages range of 11-13 years old. Data was collected by test and measurement on anthropometric including standing height, sitting height, body mass, and spam arm; physical fitness tests including sprint 40m (for speed), shuttle run (for agility), vertical jump (for legs explosive power), basketball throw (for arms explosive power), tennis ball catch and throw (for coordination), and multistage fitness test (for endurance). Data was analyzed using mean and standard deviation.

C. Results and Discussion

The results of this study were found that mean of standing height was 151,29±6,55 cm (girls) and 156,31±9,86 cm (boys), sitting height was 79,58±5,10 cm (girls) and 81,81±5,14 cm (boys), body mass was 43,48±8,29 kg (girls) and 44,51±10,26 kg (boys), spam arm was 153,12±7,28 cm (girls) and 159,67±11,09 cm (boys) for anthropometric. Mean of sprint 40m was 8,14±0,95 seconds (girls) and 7,27±4,97 seconds (boys), shuttle run was 23,78±2,06 seconds (girls) and 21,12±2,26 seconds (boys), vertical jump was 31,49±9,12 cm (girls) and 39,79±10,82 cm (boys), basketball throw was 3,32±0,64 m (girls) and 4,07±0,86 m (boys), tennis ball catch and throw was 4,00±3,87 times (girls) and 9,00±4,89 times (boys), and multistage fitness test was 34,26±2,21 ml/kg/min (girls) and 42,12±4,31 ml/kg/min (boys) for physical fitness. The results were presented in Table 1.

Table 1. Mean Athropometric and Physical Fitness of Students

Instruments	Boys	Girls
Anthropometric Measurements: - Standing height (cm) - Sitting height (cm) - Body mass (kg) - Spam arm (cm)	156,31±9,86 cm 81,81±5,14 cm 44,51±10,26 kg 159,67±11,09 cm	151,29±6,55 cm 79,58±5,10 cm 43,48±8,29 kg 153,12±7,28 cm
Physical Fitness Tests: - Sprint 40m (seconds) - Shuttle run (seconds) - Vertical jumps (cm) - Basketball throw (m) - Tennis ball catch and throw (times) - Multistage Fitness Test (ml/kg/min)	7,27±4,97 seconds 21,12±2,26 seconds 39,79±10,82 cm 4,07±0,86 m 9,00±4,89 times 42,12±4,31 ml/kg/min	8,14±0,95 seconds 23,78±2,06 seconds 31,49±9,12 cm 3,32±0,64 m 4,00±3,87 times 34,26±2,21 ml/kg/min

D. Conclusion

The conclusion of this study was

Acknowledgments

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