

ABSTRACT

JERI APRIMA, (2021): "Factors– Factors That Affect The Physical Fitness Level of Learners At Muhammadiyah 7 Padang Junior High School"

Based on the problems that have been stated above, then researchers can formulate the problems in this study are: "Factors that affect the physical fitness level of Muhammadiyah 7 padang junior high school students namely age, gender, genetics, nutritional status and smoking" and in accordance with the formulation of the above problems, the goal to be achieved in this study is to find out the factors that affect the level of physical fitness of Muhammadiyah Junior High School students. Well 7 fields

The type of research used in this study is a descriptive method, the sample in this study consisted of 24 people consisting of 12 male students, 12 female students. The sample withdrawal technique used in this study is Purposive Random Sampling, data obtained through the spread of closed questionnaires (structured questionnaires).

The results of research from 24 students / I junior high school 7 Muhammadiyah Padang 1) The results of the research of most of Muhammadiyah 7 padang junior high school students have an age range of 14-16 years and began actively doing sports activities at the age of 12-14 years. Most students also said that the age of male puberty is 12-16 years while for the age of female puberty is 10-14 years 2) The results of the study of most Muhammadiyah 7 padang junior high school students do not have smoking activities 3) The results of research most Muhammadiyah 7 padang junior high school students found that male students are more passionate in doing activities than female students and physical strength. Men are superior to the physical strength of women 4) The results of research most of Muhammadiyah 7 padang junior high school students have breakfast habits every day, have a habit of consuming four healthy five perfect while the habit of consuming fast food is relatively low 5) The results of research most Muhammadiyah 7 padang junior high school students say that genetics can affect health, intelligence, body shape, strength and physical fitness

Keywords: Age, Gender, Genetic Factors, Smoking, Nutritional Consumption