

Healthy fitness zone: identification of body fat percentage, body mass index and aerobic capacity for students

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Author Order	1 of 5
Accreditation	2
Abstract	This study aimed to overview student fitness as detected from the Healthy Fitness Zone with the aspects measured were Body Fat Percentage, Body Mass Index, and Aerobic Capacity. This research method is descriptive correlational. The subjects of this study were 68 physical education students. The norm used in this study is the Fitnessgram to observe the Healthy Fitness Zone (HFZ) in students. The results showed that the students' fitness was high-grade with the percentage of BFP who were in the HFZ criteria of 91.2%, BMI in the HFZ criteria of 72.1%, and Aerobic Capacity in the HFZ criteria of 80.9%. Meanwhile, the correlation shows a significant relationship, with the value of Correlation (R) = 0.570 and sig. = 0.000 <0.05. It can be concluded that there is a significant relationship between Body Mass Index and Body Fat Percentage with the Aerobic Capacity of physical education students.
Publisher Name	Universitas Nusantara PGRI Kediri
Publish Date	2020-11-24
Publish Year	2020
Doi	DOI: 10.29407/js_unpgri.v6i3.14936
Citation	
Source	Jurnal SPORTIF : Jurnal Penelitian Pembelajaran
Source Issue	Vol 6 No 3 (2020): Jurnal SPORTIF: Jurnal Penelitian Pembelajaran
Source Page	657-673
Url	https://ojs.unpkediri.ac.id/index.php/pjk/article/view/14936/1850
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