

Does Physical Fitness Correlate with IQ? A Study among Football Student-Athletes

Title	Does Physical Fitness Correlate with IQ? A Study among Football Student-Athletes
Author Order	4 of 6
Accreditation	2
Abstract	<p>This study aimed to determine the relationship between the level of physical fitness with intellectual intelligence (IQ) in soccer athletes. The research method uses the correlational method. The sample in this study were 13 male soccer athletes who were members of the football Club at the college level. The sampling technique used was purposive sampling. The research instrument used to measure students' physical fitness was the Multilevel Fitness Test (MFT). Meanwhile, the measurement of intellectual intelligence (IQ) uses an IQ test with Standard Progressive Matrices (SPM) test. Data analysis used a correlation test to confirm the relationship between physical fitness and intellectual intelligence (IQ). The results showed that the male soccer athletes' average level of physical fitness (Vo2 Max) was in a good category. The intermediate IQ level is in the High Average category. The correlation test shows a linear relationship between physical fitness and intellectual intelligence (IQ). The better the physical fitness, the higher the intellectual intelligence.</p>
Publisher Name	Universitas Pendidikan Indonesia
Publish Date	2021-09-01
Publish Year	2021
Doi	DOI: 10.17509/jpjo.v6i2.38290
Citation	
Source	JURNAL PENDIDIKAN JASMANI DAN OLAHRAGA
Source Issue	Vol 6, No 2 (2021): Opportunities from The Sport and Health Education to Improve Quality of Life
Source Page	229-235
Url	https://ejournal.upi.edu/index.php/penjas/article/view/38290/pdf
Author	ARFIN DERI LISTIANDI, S.Pd, M.Pd