

ABSTRACT

Physical fitness a good and well-measured regularly can minimize the risk of non communicable illnesses and increase the health degrees and physical fitness because one of the ways to prevent human's body from the non communicable illnesses is by doing physical fitness and sports. Some factors can influence those two things, they are age, sex, genetics, nutrition status, supplements consumption, and physical activities.

This observation used cross sectional plan which was analyzed in descriptive analysis. This observation also used a total population of 30 people. Its independent variables were ; age, supplements consumption, and Body Mass Index status. Meanwhile, physical fitness was the independent variable of the observation.

Based on that analysis's result, it has been known that : first, the relation between age and the cardiopulmonary physical fitness and muscles endurance is 0,732 and 0,614 which meant it had a strong relation. Second, the relation between supplements consumption and the cardiopulmonary physical fitness and muscles endurance was 0,018 and 0,097, meant it had a very weak relation. Last, the relation between Body Mass Index status and cardiopulmonary fitness and muscles endurance was very strong, 0,548 and 0,520.

It can be concluded that age and BMI status has a strong relation with physical fitness based on cardiopulmonary and muscle endurance. On the other hand, supplements consumption relates very weak to physical fitness based on cardiopulmonary and muscles endurance. One effort which can be done Kramayudha football club is players recruitment, 18 up to 35 years old members and normal BMI status are preferred in order to give a lot of contribution for the team.

Key words : *age, supplement consumption, BMI status, football*