

“PELATIHAN PENGUKURAN KEBUGARAN JASMANI ANAK BERKEBUTUHAN KHUSUS (ABK) BAGI GURU PENJASORKES SLB DI DIY TAHUN 2018”

by Dr. Sumaryanti, M.S., dkk.

ABSTRACT

ABSTRACT

"Physical Fitness Measurement Training for Children with Special Needs (ABK) for Special Education Special Education Teachers in DIY in 2018" conducted by the PPM FIK UNY Team, mainly motivated by observations, apparently there are still many SLB Physical Education teachers in DIY who experience difficulties in measuring physical fitness. ABK. This is felt to be quite disturbing, considering that one of the goals of the implementation of Physical Education learning is to improve students' physical fitness. The method used in solving problems in this service, namely using the method of lectures, discussions, demonstrations and also practice. The audience or participants of this training are 40 (forty) SLB teachers, consisting of 38 (thirty eight) Penjasorkes teachers, and 2 (two) class teachers. The main result is the increase in understanding and ability in measuring physical fitness of children with special needs. Participants receive training materials (theory and practice), making it easier for participants to learn which will improve understanding, and subsequently will enable participants to carry out their own physical fitness measurements for children with special needs. The conclusion of the results of this service can be categorized as good and smooth, this is evidenced by the enthusiasm of the participants, as well as the impressions and messages from participants who positively responded to PPM activities by the Team of Service, even asking that this kind of cooperation continue with the variety of presentation material.

Kata Kunci: *Key words: Physical Education, Children with Special Needs, Penjasorkes Teachers, Special Schools.*