

Increasing fitness dimension in sports development index in Sleman Regency

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ABSTRACT

The Sports Development Index (SDI) is a comprehensive index that reflects the success of sports development based on nine fundamental dimensions: Sports Human Resources (HR), Freedom, Physical Capacity, Participation, Fitness, Personal Development, and Health. It is an index of economy and performance. Sports policy should be formulated based on a paradigm that assumes that sports not only promote sports themselves (sport development), but also develop through sports (development through sports). Sports have the potential to encourage development in other fields. Fitness is the body's ability to perform activities without experiencing significant fatigue. The fitness index is the fitness value indicated by V_{O2max} , which is the degree of maximum aerobic consumption capacity. The higher the V_{O2max} , the higher the person's fitness level. According to 2022 data, the community fitness of Sleman Regency is at a rather alarming level. According to the fitness index, out of the total number of respondents representing each sub-county and sub-county of Sleman District, 96.7% fall into the categories of "poor" and "very poor", of which only 0.3% fall into the "poor" and "very poor" categories. were reported to fall into the categories of 'poor' and 'very poor'. Category "good". Therefore, in order to improve the fitness level of the community in Sleman Regency, the Youth and Sports Department and the Faculty of Sports and Health Sciences of Yogyakarta State University organized activities in the form of workshops for the sports staff of Sleman Regency. There were a total of 37 participants in the training, 30 men (81%) and 7 women (18.9%), with an age range of 18 to 61 years. The PE participants had diverse professional backgrounds, including 19 PE teachers (51.4%), 3 coaches (8.1%), and 15 volunteers (40.5%). However, this turned out to be problematic. Of the 37 participants, only 7 (18.9%) of her participated. %) had a certificate and/or trainer license. Of the participants who participated in the exchange, 8 (21.6%) had less than 5 years of experience in the world of sports, 13 (35.1%) had between 5 and 10 years, and 16 (43.2%) had more than 10 years of experience. . %). %).

Kata Kunci: *fitness, sport development indeks*