

ATHLETE HEALTHY PROGRAM - DEVELOPMENT AND ASSISTANCE EFFORTS TO COACH IN SPECIAL OLYMPIC ATHLETE HEALTH PROMOTION DIY

by sumaryanti dkk

ABSTRACT

Children with special needs, especially mentally disabled children more involved in sports activities accomplishments diwadai by the Special Olympic Indonesia (SOIna). In its activities the children should be supported by the Healthy Athlete activity that includes screening, health checks and health promotion efforts retarded children in general.

Methods community service activities with the theme Healthy Athlete on mentally disabled children in general form of health services in athletes, discussion and outreach programming safety-based training exercises. The target audience in this devotion is numbered 189 athletes and coaches athletes in the event the Special Olympic tunagrahita DIY number of 30 people. Health screening activities conducted in May in cooperation with SOIna and Dispora, in GOR Amongrogo Yogyakarta successfully perform health screening on 189 athletes from five Districts of DIY. From the results of the majority of athletes eligible to continue to run the training program, but there are some athletes who experienced health problems significantly as insufficiency of heart valves, nystagmus and anemia pansystolic, of a number of 189 that there are 16 athletes who did not continue for the advanced training program. These results are then informed directly and socialized at the stage of further activities such as discussions and workshops held in SLBN 2 Yogyakarta in September 2013. In addition to holding the dissemination of health screening healthy athlete, the event also aims to socialize programming security-based training exercises. This program succeeded in increasing the skills and understanding trainer about programming security based exercise training.

Kata Kunci: *Tuna Grahita Kids, Healthy Athletes, Special Olympic*