

DEVELOPMENT OF THE FINAL FITNESS TEST ROCKPORT METHOD FOR ELDERLY IN YOGYAKARTA

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ABSTRACT

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Physical fitness is important in everyday life. To determine the condition of one's physical fitness, a physical fitness test is needed. There are various methods of physical fitness testing for knowing one's physical fitness, one of which is the Rockport method. This study aims to develop a physical fitness test method developed from the Rockport Walking Fitness Test method that is tailored to the characteristics of the people in Indonesia, especially in the Special Region of Yogyakarta.

The method used in this study is the Research and Development method or RnD. In this development, researchers used the ADDIE development model which consisted of four stages, the ADDIE development model which consisted of 4 development stages, namely analysis, design, development and implementation (development and implementation), and evaluation (evaluation). . The sample to be used in this study is the community with good fitness characteristics at 40-80 years old. The data analysis technique used in this study is qualitative and quantitative analysis, with descriptive analysis.

The results showed that the fitness test developed was feasible. Based on the results of the feasibility test, the fitness test developed obtained an average score of 35.22 including the very feasible category. Based on the fitness test conducted, 9 participants were included in the good fitness category, 25 participants were included in the adequate category, and 12 participants were included in the less category.

Kata Kunci: *physical fitness test, rockport, elderly, Yogyakarta*