

MEDIA DEVELOPMENT TO IMPROVE THE IMPLEMENTATION OF SPORTS THERAPY PROGRAMS IN ELDERLY GROUP

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ABSTRACT

The long-term goal to be achieved from this research is the creation of a set of tools and equipment as a medium to facilitate the implementation of sports therapy programs in the elderly group. Meanwhile, the objectives of the first stage are: (1) creating a design for media equipment and equipment, and (2) a guidebook for using sports therapy media equipment for the elderly group. Second stage: research and development, aims to create equipment as a medium for sports therapy. This stage continues with how to use the equipment in question. The third stage: research and development, aims to carry out small and large scale trials to measure the level of implementation of media use. The research subjects to develop media to improve the implementation of sports therapy programs in the elderly group are physical education experts, adaptive physical education experts, sports experts, especially sports for the elderly group. The model testing subjects (in the second stage later) are the elderly group.

Kata Kunci: *media, exercise therapy, elderly*