

Development fun game football for obesity

by Nawan Primasoni, siswantoyo, danang wicaksono

ABSTRACT

ABSTRACT

Background: football is one of the sports to attempt reaching for good health, it must be started from the health program toward achievement of optimal results in health especially avoiding health problems of obesity.

One of the health problems that are often experienced by early childhood to adult obesity. Obesity is abnormal or excessive fat accumulation that can disrupt health research objectives: the purpose of this research was to know an instrument development) football fun for sufferers of obesity, and 2) can be an alternative model learning for the professors, the students in the learning matakuliah the health of the sport.

Target research: creation of models of practice football fun game for obesity is becoming one of the forms of learning in order for students, lecturers, and the whole society at large. Research results can be realized in the form of references and can be published in scientific articles published in national and international scientific journals or presented at the forum of national and international seminars.

Research methods: research design used in this research is the research of r n d. the resulting product is the development of AMERICAN FOOTBALL FUN FOR OBESITY research results: overall, the fun game football for obesity with the aim categorized are fit enough to use in making an alternative sport in people with obesity. Pemasaran 71.4% exercise aspects are categorized pretty decent core exercise, 70% are categorized pretty decent cooling, 72.8% categorized quite decent, Objective exercise 70.7% categorized quite decent and the joy of 85% categorized. Can be defined that fun football for obesity pretty decent used as one of the means in reducing obesity.

Kata Kunci: *football, game, fun, obesitas*