

# **SHORT COURSE of SPORT INJURY MANAGEMENT ON SPORTS OF HEAVY IRON AND BINARAGA IN AREA KAB.SLEMAN**

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## **ABSTRACT**

Weight lifting, iron and bodybuilding are among the sports that are particularly vulnerable to injury. Activities undertaken are Short Course Of Sport Injury Management In Sports Weightlifting Iron And Bodybuilding in Kab. Sleman by carrying out activities in the form of seminars and workshops.

Participants in Short Course Of Sport Injury Management In Sports Weightlifting Weight And Bodybuilding in Kab. Sleman in DIY by carrying out activities in the form of seminars and workshops consisting of athletes, coaches and administrators PABBSI Sleman. Participants who can attend are; athletes, trainers and administrators from Pengkab. PABBSI Kab. Sleman and representatives from Pengprov. PABBSI DIY.

Similar activities are expected to be sustainable because DIY PABBSI still lacks an academic approach to knowledge of sports science.

*Kata Kunci: Management, Sports Injury (sport injury), PABBSI (Association of Weightlifting, Iron and Bodybuilding)*