

Training Program; Fitness Education for Instructors (Sensei) of Apprenticeship Training Institutions in Japan

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ABSTRACT

The aim of this activity is to provide knowledge to instructors at Japanese Job Training Institutes. This is important because the prerequisites for taking part in the internship process in Japan are not limited to only requiring mastery of work skills and language. Furthermore, physical fitness is also one of the considerations for an LPK student to be accepted in the selection process for an internship in Japan. So, in practice - the training process at an LPK that handles prospective interns to Japan, apart from training their language skills, apart from that, they also provide training programs so that students meet the required fitness standards.

This activity was designed with a workshop model approach, namely providing knowledge and guiding each participant to be able to create a fitness training program according to the conditions of the students in each LPK. Participants in this activity are targeted at approximately 20 people, including instructors from several LPKs who are united in one management with partner institutions, namely LPK. PT Kenshin Global Indo.

It is hoped that as a result of this activity, the instructors at each LPK will have knowledge related to student fitness improvement programs. So, scientifically, the student fitness training program carried out at each LPK will run correctly and provide optimal results.

Kata Kunci: *Training, Fitness, Instructure*