

WISATA KAMPUS, SOSIALISASI DAN PERSAHABATAN OLAHRAGA UNTUK GURU PJOK DAN ANAK-ANAK SEKOLAH DASAR

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ABSTRACT

Exercise is a planned and structured physical form that it involves repetitive body movements and is aimed at improving physical fitness. Exercise is very beneficial for health and can to improve the degree of health, exercise itself is a basic need in our daily lives.

Faculty of Sports Science is one of the faculties in under the auspices of Yogyakarta State University. This school has many good facilities and infrastructure such as football and athletic stadiums, swimming pools, basketball court, takraw football field, badminton hall, gymnastics hall, martial arts hall, sand volleyball courts, up to competitive GOR for the sport professional. The term campus is definitely attached to the word student, which is identical to the teaching and learning process. The campus is full of students who are active everyday. Inversely if we know elementary school children who Notabnya more often in school during the learning process. At the time of the child will be on campus to study, but it doesn't hurt if the schoolboy The foundation has begun to be introduced to the campus environment. This is not It can be a great thing to be on one of the campuses. He's known.

Sports facilities owned by the Faculty of Sports Science need to be introduced to the general public, to provide sports for all. Because The campus tour involving elementary school children also became a alternatives to introducing facilities and infrastructure owned by the Faculty of Science Sports and also helps improve health through active in berolahraga

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