

Socialization PHYSICAL FITNESS TRAINING MODEL FOR CANDIDATES FOR PILGRIMS IN THE DISTRICT Kulon Progo

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ABSTRACT

To improve the health of pilgrims, promotive and preventive an act or a very important effort. With these efforts are expected to pilgrims can achieve optimal health status at the time of Hajj. Pilgrims and ideally should be able to recognize his condition long before his departure for the pilgrimage, perhaps a year or more before Hajj. This activity was followed by pilgrims from District Area and District Lines Lendah, Kulon Progo Regency, some 32 people. The method used by the direct approach, by demonstration, practice, and evaluation of absorption material in socialization. Schedule of events planned to be held in June 2016 in Galur, Kulon Progo, and realized on Thursday, August 4, 2016. Socialization activities models of physical fitness exercise for pilgrims in Kulon Progo Regency is an extension activities for pilgrims in Kulon Progo Regency KUA environment to improve the health and fitness. The purpose of this activity is to obtain information about the perception and application of the model of fitness exercise performed by pilgrims Kulon Progo. The main target audience of this activity is a candidate pilgrims in Kulon Progo Regency KUA environment. Method of activities with a direct approach, by demonstration, practice, and evaluation of absorption material in the training consists of: a) Model Exercise Physical Fitness For Hajj Candidates, b) Benefits of Exercise Physical Fitness, c) Dose Exercise for Hajj Candidates Healthy and Risti , The general implementation of these activities run smoothly and in accordance with programs already planned. Location PPM in KUA District of strain and strain Mosque.

Kata Kunci: *exercise model, physical fitness, candidates for pilgrims*