DEVELOPMENT OF GUIDELINES AND MEASUREMENT OF PHYSICAL FITNESS ACTIVITIES THROUGH THE ANDROID APPLICATION "ACT.FIT"

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ABSTRACT

The purpose of this study was to find out: 1) The steps for developing guidelines and measuring physical fitness activities through the "Act.Fit" android application to provide solutions for adults to assess fitness independently. 2) Knowing material experts, media experts, fitness practitioners, and the public, especially adults, on the guidelines and measurements of physical fitness activities through the "Act.Fit" android application.

The steps for developing the "Act.Fit" android application using the Research and Development method (Research and Development) Borg and Gall (in Sugiyono 2012: 532) include: 1) Analyzing potential and problems, 2) Studying literature and gathering information, 3) Design initial product, 4) Initial product manufacture, 5) Initial design revision, 6) Trial product manufacture, 7) Small group trial, 8) Small group trial product revision, 9) Large group trial use, 10) Product revision large groups, and 11) Mass production.

This research was conducted in Yogyakarta. The subjects in this study were 40 adults. The instrument used in collecting application data is an online questionnaire. The results of the assessment of material experts, media experts, and exercises on the "Act.Fit" android application are as follows: 1) Material experts give a final score with an average of 4.47 in the "very good" category, 2) Media experts give an average final score an average of 4.42 in the "very good" category, 3) Practitioners gave the final score of fitness with an average of 4.81 in the "very good" category, 4) Small group, the final score with an average score of 3.65 in the "good" category and 5) The large group gave a final score with an average of 4.47 in the "very good" category. Through this assessment, the final product of the "Act.Fit" application is declared ready for use by the wider community.

Kata Kunci: *physical fitness, application, android, act.fit*