

Development of a Sports Exercise Program Model to Maintain Physical Fitness During the Covid -19 Outbreak in Indonesia

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ABSTRACT

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In Indonesia, the COVID-19 pandemic is increasingly widespread and there has been an increase which has almost reached an average of 10,000 new positive cases per day which have spread to villages including Wedomartani village. Wedomartani Village is the only village out of 86 villages in the entire Kapuapten Sleman Yogyakarta that is categorized as a red zone. Until now, there is no generic drug that can be used to cure positive sufferers of COVID-19. One of the solutions to prevent the transmission of COVID-19, humans must be healthy in order to have good immunity through physical activity / sports and good nutritional intake. However, many people, including those in Wedomartani village, do not know and understand about this. Therefore activities in the form of counseling on the importance of doing physical activity / sports and good nutritional intake need to be conveyed to the Wedomartani village community. On this basis, counseling on a healthy lifestyle through exercise and good nutrition will be held to increase knowledge and community understanding in Wedomartani village in the form of a PPM program. The goal of this PPM activity is to increase knowledge and understanding in the community in Wedomartani village that sports and nutritional intake can increase the body's immunity to face COVID-19. The method used to achieve this goal is through outreach and practice and nutritional food assistance. There are three outreach activities in general, namely: (1) Theory of exercise and immune enhancement, practical exercise programs, and good nutritional intake to increase body immunity; (2) Exercise practice; and (3) Distribution of nutritious food.

The results of the PPM activities were obtained with the following indicators (1) There was an increase in the knowledge of participants regarding practical exercise programs and good nutritional intake to increase the body's immunity during the COVID-19 pandemic; (2) The participants have increased their knowledge of practical sports training programs and good nutritional intake during the Pandemic; (3) skilled at practicing a practical sports program; and (4) Outreach participants receive nutritious food packages and use them in an appropriate manner.

Kata Kunci: development, sports exercise, model, physical fitness, covid -19