

OPTIMIZATION OF EVALUATION-BASED PHYSICAL TRAINING WITH TEST AND MEASUREMENT METHODS

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ABSTRACT

This community service activity aims to improve and expand the understanding of athletes, coaches, officials and administrators about how to evaluate the performance of test-based and measurement-based physical training achievements for athletes, especially in preparing to carry out physical exercise programs to support prime conditions during matches. This service program is to provide learning and experience to the community of KONI Kab. Gunung Kidul about efforts to handle training Evaluation and analysis of physical condition training based on tests and measurements. The goal for the service team is to carry out the Tri Dharma of Higher Education in the form of community service and to collaborate with partner institutions (stakeholders) namely KONI Gunugkidul Regency in the context of understanding and the competence of sports coaches.

This training activity was attended by sports trainers who are members of KONI Gunungkidul Regency with a total of 115 participants consisting of trainers, athletes, sports branch organization managers, KONI administrators Kab. Gunung Kidul and Athletes. The training activities will be held online on 16-17 July 2021.

The results of this service conveyed material on how to organize training programs and evaluate the performance of physical training based on tests and measurements as an effort to maximize the program for organizing and fostering sports achievements in the District. Gunung Kidul, Participants can re-evaluate the training program that is not right under the guidance of the PPM team, the participants understand the physical tests and measurements and how to interpret the test results as the basis for evaluating the progress of the Exercise program that has been prepared. The output of this PPM is in the form of a Cooperation Agreement (IA) and articles that will be published in reputable PPM journals.

Kata Kunci: *Evaluation-Based Physical Training, Sports Coach, KONI Gunugkidul*