

THE DEVELOPMENT OF SUNBATHING-BASED SPORTS DESIGN TO IMMUNITY IMMUNITY IN THE COVID-19 TIME BASED ON VIDEO

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ABSTRACT

The Covid19 outbreak has been rampant in various regions, national and international policies are to impose lockdowns by staying at home, working from home, always maintaining distance from other people and tending to drastically decrease sports activities. This research aims to develop a model of exercise while sunbathing to increase cardiovascular endurance, flexibility, strength and physical endurance during the COVID-19 pandemic. The research method used by using the 4 D approach, namely Define, Design, Develop, and Dissemination. The types of sports that will be developed include aerobic elements, strength training, flexibility and weight training, Yoga, and D'Selonjor innovations for relaxation. This research has produced a product in the form of a sunbathing exercise guide, consisting of 5 types / types of sports that can be done in an indoor room in the form of educational videos. The results of the validation of material experts and media experts on the video tutorial products that were developed obtained results above 85% which were declared feasible to be used as an alternative guide for sunbathing during the Covid-19 pandemic. This research also produced other outputs in the form of articles to be published in appropriate international journals. Results in the form of educational videos will be copyrighted. With these results it is hoped that it will be used by the UNY academic community and the general public at large.

Kata Kunci: *sports, sunbathing, covid19*