

VOLLEYBALL MATCH EVENT AMONG CITIZENS IN KRAPYAK MARGOAGUNG VILLAGE

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ABSTRACT

"Mens sana in corpore sano", a term coined by the Roman poet, Decimus Iunius Iuvenalis, namely Satire X, which means in a strong body there is a healthy soul. Health is the most valuable asset for humans, so exercising makes us healthy and fit. If you exercise while playing, it will feel much more fun. One of the sporting activities that has been popular with young people for a long time is volleyball. The sport of volleyball has been developing in Indonesia since 1928, during the Dutch colonial era and experienced very rapid development, not only at youth level, also at student level, and even at universities. Even though many people enjoy the game of volleyball that was formed in the village, many of them want to channel and prove their abilities in a competition. Therefore, the Sports Coaching Education Study Program views the importance of championship activities in order to increase the talent and interest of the Krapyak Margoagung community in sports in the form of competitions to increase the sportsmanship of participants. This Community Service Activity (PkM) also aims to cultivate society and promote sports. It is hoped that the results of this PkM activity will produce outputs in the form of collaboration manuscripts (IA) and journal articles.

Kata Kunci: *volleyball, fitness, society*