

UTILIZATION OF ACHIEVEMENT LABORATORY AS AN EFFORTS TO KNOW THE PHYSICAL HEALTH AND CONDITION OF MEMBER FITNESS CENTER FIK UNY

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ABSTRACT

Fitness Center FIK UNY is one of the laboratories used to facilitate education and academic research at UNY and is used to serve the general public. In addition to the fitness center FIK UNY also has a performance laboratory and physical condition. Laboratory of achievement and physical condition owned by FIK UNY is one of the facilities that strongly supports the development of sports in DIY. The existence of laboratory achievements and physical conditions of FIK UNY are used as a laboratory to see the improvement and development of the physical condition of athletes.

PPM Program with the theme of Utilizing Laboratory Achievement as an Effort to Know Health and Physical Condition FIK UNY Fitness Center members aim to optimize equipment in the achievement laboratory to the community academics both lecturers and students, socialize the existence of FIK UNY achievement laboratory among the public at large and sports coaching organizations and can help FIK UNY's fitness center members in knowing their health and physical condition during the training program.

The results of activities in utilizing the Achievement Laboratory get good appreciation from the participants. It was said that because the participants felt the existence of an achievement laboratory was very useful in knowing their health conditions and improving their physical condition while taking part in the training program, besides that the achievement laboratory was very beneficial both in its use in lectures, training and research. Participants also suggested that increasing the use of laboratory facilities was emphasized in the use, management, care and maintenance. The achievement laboratory needs to be promoted and the development of achievement laboratories directed at the maintenance and maintenance as well as building a wider and integrated building.

Kata Kunci: *laboratory achievement, health and physical condition*