

OPTIMIZATION OF THE IMPLEMENTATION OF PHYSICAL ACTIVITY (PA) THROUGH HEALTH PROMOTING SCHOOLS AS AN EFFORTS TO IMPROVE STUDENT HEALTH DEGREE

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ABSTRACT

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This PPM activity aims to a) provide knowledge in the form of counseling on optimizing the application of physical activity (PA) through Health Promoting Schools as an effort to improve students' health status, 2) providing skills training in making safe physical activity programs by paying attention to student safety.

The method used in PPM activities is through scientific discussion methods including lectures, question and answer, demonstration, practice. The material presented included health promotion school, programs in health promotion, growth monitoring through BMI, the role of physical activity in child development, principles of physical activity for children, safe physical activity in school, assessment of physical activity levels using GPAQ, making programs physical activity for students.

The results of the implementation of PPM activities are as follows: 1) the high motivation of participants in participating in the activity, 2) as many as 80% of participants can make various physical activity designs for students, and are able to assess physical activity using GPAQ

Kata Kunci: *physical activity (pa), health promoting schools, student health degree*