

THE LEVEL OF FITNESS INSTRUCTORS UNDERSTANDING THE PREVENTION AND TREATMENT OF INJURIES IN THE FITNESS CENTER OF YOGYAKARTA SPECIAL REGION

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ABSTRACT

This study aims to determine the understanding of fitness instructors in the Special Region of Yogyakarta in providing prevention and treatment of injuries at the fitness center.

This research is a descriptive quantitative research. The method used is a survey method. The data collection technique is a multiple choice test. The subjects used in this study were fitness instructors in Sleman Regency regarding the prevention and treatment of injuries in the fitness center. Data analysis used percentage descriptive technique.

The results showed that the understanding of fitness instructors in the Special Region of Yogyakarta in providing prevention and treatment of injuries at the fitness center falls into categories. With the following general results, the "very poor" category was 4.7% (4 instructors), the "medium" category was 38.6% (27 instructors), the "good" category was 41.4% (29 instructors), and the "very good" category of 0% (0 instructors).

Kata Kunci: Understanding, prevention and treatment of injuries, fitness instructor