

# **pelatihan multistage shuttle swimming tes (MSST) untuk Pelatih Renang DIY**

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ABSTRACT

## **THE IMPLEMENTATION TRAINING OF *MULTISTAGE SHUTTLE SWIMMING TEST* (MSST) FOR SWIMMING COACH**

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### ABSTRACT

The purpose of this training is to improve the knowledge and technology literacy of swimming coaches of multistage shuttle swimming test (MSST).

The Community Service (TCS) training of Multistage Shuttle Swimming Test (MSST) is dedicated for Swimming coaches which was held on October, 22nd until 24th 2016 in the Faculty of Sport Sciences, Yogyakarta State University where 25 coaches as participant. This training used discussion and explanation to described the contents which are: 1) physical exercise form in swimming, 2) Multi stage shuttle swimming test, 3) evaluation of multistage shuttle swimming test.

The Community Service of Multistage shuttle swimming test is essentially important to enhance the quality of swimming coaches and student of Sport Sciences Faculty Yogyakarta State University. The event is beneficial and the participants were enthusiastic.

Key words: Training, multistage shuttle swimming test

Kata Kunci: *Training, multistage shuttle swimming tes*