

Post-Physical Activity Fitness Massage Method Training for Physical Education MGMP in Sleman, Yogyakarta

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ABSTRACT

This community service activity aims to improve the knowledge and skills of Physical Education teachers in recovering fatigue through the application of post-physical fitness massage. Community service materials are held through zoom media, consisting of theory and practice, using lecture, question and answer, discussion and practice methods. The theoretical material includes the concept of fatigue, various recovery methods, the basic principles of massage therapy. While the practical training materials include demonstrations of "Fitness massage post-physical activity". The training participants consisted of Physical Education teachers who were members of the Yogyakarta City MGMP forum totaling 22 people. The results obtained from this community service activity, participants stated that the training was very useful, especially in improving the participants' understanding and skills regarding fatigue recovery through massage.

Kata Kunci: *Fatigue recovery, fitness massage post-physical activity*