

COACHING CLINIC LEARNING MATERIALS FOR CARDIORESPIRATION ELEMENTS OF HIGH INTENSITY INTERVAL TRAINING (HIIT) MGMP TEACHER PJOK IN KAB. KLATEN

by Dr. Komarudin, S.Pd., M.A., Drs. Amat Komari, M. Si., Dr. Yudanto, M. Pd., Tri Ani Hastuti, M. Pd., Willy Ihsan Rizkyanto, M. Pd.

ABSTRACT

The Institutional Community Service Program aims to provide coaching clinic training on High Intensity Interval Training (HIIT) to PJOK teachers to be applied to student learning materials at school. Partners in this service are MGMP Guru in Kec. Jogonalan, Kab. Klaten, Central Java. Partners will produce outputs in the form of 6 HIIT training program materials. Training program for high school/junior high school, for early childhood, elderly without comorbidities, asthma sufferers, diabetes mellitus sufferers, coronary heart patients. Another output in this service is in the form of an MoA which will be implemented in the form of IA as the first party, namely the S1 Physical Education, Health, and Recreation study program, as the second party is the MGMP Guru PJOK Kec. Jogonalan, Kab. Klaten, Central Java. The instrument for evaluating the success of service activities used in the form of a questionnaire using the Guttman scale, there are only two variables, namely "agree" / yes or "disagree". The data analysis used to measure the evaluation of this service activity is categorized as 5 categories, namely: very good, good, moderate, poor and very poor. The questionnaire instrument grid is obtained from the factors and indicators that will be measured in this service in the form of clarity, practicality, and novelty.

Kata Kunci: HIIT, Coaching Clinic, Learner, MGM