

Socialization and Aerobic Gymnastics Competition In Special Region Of Yogyakarta

by Ratna Budiarti, M.Or.

ABSTRACT

This community service activity aims to introduce the National Development group of aerobic gymnastics to the general public, find superior seeds for aerobic gymnastics athletes and provide experiences for children to get to know new gymnastics disciplines. The aim of the service team is to carry out higher education tasks in the form of community service and to collaborate with various parties in order to introduce aerobic gymnastics.

The socialization activities and aerobic gymnastics competition were attended by teachers and elementary school students aged 9-11 years in the Special Region of Yogyakarta. Socialization activities were carried out offline by inviting representatives of the PERSANI Pengda management as partners, administrators of districts / municipalities, sports teachers, and coaches, totaling 19 people, implementing socialization at the Faculty of Sport Sciences, Yogyakarta State University. The aerobic gymnastics competition was attended by 32 participants and was assessed by three judges online.

The result of this service is the delivery of the socialization and introduction of aerobic gymnastics for the District Head / City of Persani, Elementary School Sports Teachers, elementary school students, parents and coaches. The implementation of aerobic gymnastics competition activities, creating exercise packages for students aged 9-11 years. This activity is a means of identifying the talents of prospective aerobic gymnastics athletes who can be directed to practice gymnastics so that later they can provide achievements in Special Region of Yogyakarta. The results of this activity will be published in a journal.

Kata Kunci: socialization, gymnastics competitions, aerobic gymnastics