

**PELATIHAN PENGUKURAN KEBUGARAN JASMANI DISABILITAS INTELEKTUAL BAGI GURU
PENJASORKES SLB DAN GURU INKLUSI DI DIY TAHUN 2020**

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ABSTRACT

The expected goal of this PPM is that after actively participating in a series of PPM activities, it is hoped that special education and physical education teachers and inclusion physical education teachers in DIY, gain theoretical and practical understanding of the measurement of physical fitness of children with intellectual disabilities, and have the ability to apply measurements. fitness in their respective schools

The methods used to carry out these PPM activities are: (1) lecture method, related to fitness measurement material (2) Practice fitness measurement skills. (3). Before the training was given, participants were given questions to find out their knowledge about the measurement of fitness tests and the basis for modification of the test, after completion of the training, they were given questions again to determine the success of the training.

The PPM results showed an increase in knowledge and understanding of physical fitness test measurements for intellectual disabilities, knowledge of physical fitness components for intellectual disabilities that were in accordance with their characteristics, and modifying the physical fitness test results from the moderate category to be good.

Kata Kunci: pengukuran, kebugaran, jasmani, disabilitas intelektual