

POST PHYSICAL ACTIVITY MASASE METHOD TRAINING FOR PHYSICAL, HEALTH AND RECREATION TEACHERS IN SD, SMP AND SMA IN KULONPROGO DISTRICT

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ABSTRACT

The implementation of the PPM with the title of post-physical activity fitness massage method training for education, health and recreation teachers at elementary, junior high school and senior high school in Kulonprogo district aims to increase the knowledge of Kulonprogo District Physical Education Teachers in terms of injury prevention and treatment with the physical fitness massage method. The training was carried out in the FIK UNY lecture building on July 10-12, 2020 with 20 elementary, junior high and high school physical education teachers in Kulon Progo. The training materials include anatomy and physiology, exercise physiology, post-physical activity theory and fitness massage methods. Training participants who have not carried out physical fitness massage training. The result of the training is that participants are able to train fitness after physical activity

Kata Kunci: Masase, Teacher of Physical Education, Health and Recreation