

# TRAINING PARTNERSHIP COOPERATION WITH KKG OR MGMP PENJASORKES DISTRICT SLEMAN

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## ABSTRACT

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### Abstract

Implementation of PPM under the title of Coordinate Massage Training with KKG or MGMP Penjasorkes of Sleman Regency aims to improve the knowledge and skills of Penjasorkes teachers in terms of injury massage. It is expected that the Penjasorkes teachers can perform injured massages if there are students who have been injured and injured while attending the lesson, so the speedy recovery does not just get worse.

The training was held in Kalasan Sleman Sub-district on Friday, Saturday and Sunday on 25th, 26th and 27th October 2014 with elementary school students of Penjasorkes of East Sleman District.

Implementation followed by 48 participants.

The training materials are anatomical and physiological toister, tootics and top motion massage practices that include wrist injury, elbow injury, and and shoulder injury. In addition, the theory and practice of injuries to massage the lower motion of the ankle, knee and pelvis.

From 48 participants there are participants who have not been flexible in performing massage. Participants are given a certificate of training for injured massages, not certificates due to less face-to-face hours to obtain certificates.

Kata Kunci: *Injury training.*