

MASASE TRINING SPORT INJURY (THERAPY MASASE FRIRAGE) FOR TEACHER PRIMARY SCHOOL EDUCATION JASMANI, SPORTS AND HEALTH SE KULONPROGO DISTRICT

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ABSTRACT

Implementation of PPM with the title of Training of Sports Injury Massage (Massage Therapy Frirage) For Elementary School Teachers of Physical Education, Sport and Health of Kulonprogo Regency, awareness raising and skills of teachers of Penjasorkes in terms of massage. It is expected that the Penjasorkes teachers can perform injured massages if there are students who have an accident and injury while studying, so a speedy recovery is not more than enough.

Implementation of the exercises at PGSD FIK UNY (Wates, Kulonprogo) on Friday, Saturday and Sunday of October 7-9, 2016 with elementary school students in physical education, sports and health in Kulonprogo district.

Implementation followed by 30 participants. The training materials are the anatomical and physiological toeri, tootics and practice of moderate motion tools, wound disputes, and shoulder injuries. In addition, the theory and practice of massage for the motion below the wound of the toes, ankles, knees. From 30 participants there are participants who have not graduated in the implementation of massage. Participants are given a certificate of training, not certificates due to face-to-face less certificate

Kata Kunci: *Injury Training*