

TRAINING FOR THE DEVELOPMENT OF THE PHYSICAL CONDITION OF ATHLEETS FOR SPORTS BRANCH TRAINERS IN KULONPROGO

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ABSTRACT

Training is the process of carrying out repetitive or work progressive exercises that increase the potential to achieve optimal performance. For athletes, this means a long-term training program that conditions the body and mind for specific competitions and leads to excellence in performance. The purpose of this PPM is to provide scientific training for teachers and coaches, so that they will be able to produce athletes who have a strong foundation to be developed to higher achievements. The activity method uses two approaches, namely, theoretical and practical approaches. The activity method uses a theoretical approach consisting of material presentation, discussion, and question and answer and ends with an evaluation. The PPM program has been carried out on Saturday-Sunday, July 10-11, 2021. The location of the service is held at SMKN 1 Nanggulan. The total length of service is 32 hours, consisting of 16 hours of training (online and offline) and 16 hours of independent work. The number of participants who took part in the activity was 30 people. The implementation of this training activity cannot be separated from the supporting and inhibiting factors. Supporting factors in this training activity include: (1) The large interest of participants who take part in the training consists of physical education teachers/extracurricular trainers; (2) a conducive socialization climate so that the implementation of PPM runs smoothly, (3). Get full support from the audience of participants and related stakeholders. The inhibiting factors include: (1) Service is carried out offline with strict health protocols due to the impact of PPKM; (2) Participants' knowledge about physical condition exercise is still heterogeneous

Kata Kunci: Training, physical condition, extracurricular, kulonprogo