

SOCIALIZATION OF SPORT INJURY MANAGEMENT IN SPORTS OF HEAVY IRON AND BINARAGA IN DIY

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ABSTRACT

Weight lifting, iron and bodybuilding are among the sports that are particularly vulnerable to injury. The activities carried out are Sport Injury Management Socialization on weightlifting, iron and bodybuilding in DIY by carrying out activities in the form of seminars and workshops. participants at Sport Injury Management on weightlifting, iron and bodybuilding sports in DIY by carrying out activities in the form of seminars and workshops consisting of athletes, trainers and administrators of PABBSI Kabupaten, Kota and Provinsi. Participants who can attend are; athletes, trainers and administrators from Pengkba. PABBSI Kab. Sleman, Bantul, Kota and Gunung Kidul along with representatives from Pengprov. PABBSI DIY. Similar activities are expected to be sustainable because DIY PABBSI still lacks an academic approach to knowledge of sports science.

Kata Kunci: Management, Sports Injury (sport injury), PABBSI (Association of Weightlifting, Iron and Bodybuilding)