

VO2MAX TEST TRAINING WORKSHOP FOR SWIMMING COACHES IN THE SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

The procedure for implementing PKM must first determine the activity objectives, implementation process and so on. For PPM activities, first design the training activities as best as possible so that the steps to be taken can be implemented well. After designing the activity, the next step is communicating with partners to finalize the activity. In this case, PRSI Sleman is a partner in this activity. The activity will be held on Saturday 22 October 2023. The activity will be carried out in 2 sessions, namely the first session containing material from the presenter related to the VO2max Test. In addition to continuing the material, there will also be a discussion session related to the material that has been presented. The presenter provides input regarding the vo2max test. After the activity is completed, an evaluation will be carried out by PRSI Sleman and the Department regarding the implementation. The approach used in this activity is "Problem Based Learning" which uses problems as a trigger and foundation in developing sports achievements. The method that is widely used is directed discussions with resource persons as facilitators and assistance to participants to actively explore, carry out trials, create relatively new methods and forms of training for trainers

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