

PENGEMBANGAN PROGRAM LATIHAN SIMPLE FITNESS UNTUK MENINGKATKAN KEBUGARAN JASMANI MAHASISWA VOKASI UNIVERSITAS NEGERI YOGYAKARTA DALAM RANGKA PERSIAPAN MEMASUKI DUNIA INDUSTRI

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ABSTRACT

Physical fitness is very necessary for every human being to support their activities. Vocational students are no exception when entering the industrial world. Vocational students who are basically required to have 70% skills must have a fit body. The aim of the research is to determine the effect of the simple fitness training model to improve the physical fitness of vocational students. The research population was 24 UNY Wates vocational students. This research uses a combination approach, namely a mix of methods (qualitative and quantitative) with quantitative using the "Two group pretest and posttest design" approach. Data was taken using the Cooper test instrument to determine cardiopulmonary fitness and the push-up sit-up test to determine arm and abdominal muscle endurance. The results show that the simple fitness training model has an effect on the physical fitness of UNY vocational students with an average increase of 16%, for the abdominal and arm muscle endurance groups by 15%. With the simple fitness training model, it can be done and is beneficial for students, especially vocational students.

Kata Kunci: *Training Model, Physical Fitness, Vocation*