

SOCIALIZATION OF FITNESS TESTS FOR SPECIAL SPORT CLASS STUDENTS IN DIY PROVINCE

by Christina Fajar Sriwahyuniati, Ratna Budiarti, Danardono, Sri Ayu Wahyuti, Lia Karina Mansur, Andhika Ramadhani Priyanto, Muhammad Nizrimay Affroyan, Elis Meirin, Inkan Ayu Purbaningrum, Yosefina Kristianita, Pinkan Ayu Purbaningrum, Elis Meirin, Muhammad Nizrimay Affroyan

ABSTRACT

ABSTRACT The goal in general activities is to realize activities that are able to provide renewal within the community to be able to predict fitness levels and of course bring a positive impact from the implementation of a fitness socialization activity for special sports class students in DIY Province 2022. Socialization activities in community service for special class student fitness sports in DIY Province 2022. Held in May 2022. The number of participants who will take part in this dedication is 200. The method that will be implemented is to use the demonstration method, question and answer and also discuss with participants who take part in this activity so they can contribute more and also being able to communicate more clearly and better and the existence of a good relationship not only from the implementation of this service activity but can provide a more sustainable contribution to the wider community. As a suggestion to be able to make the fitness activities of special sports class students in the province of DIY even better is to carry out activities: First, provide socialization before carrying out the fitness test for special sports class students in the Province of DIY. Second, carry out guidance related to the management of fitness tests for special sports class students in the province of DIY, and. Third, in carrying out fitness tests for special sports class students in the province of DIY, of course, they must be in accordance with standards and of course the facilities and infrastructure have been fulfilled and can contain science and technology in them so that they are not outdated today where almost all fields and human activities are definitely related to science and technology.

Kata Kunci: *Special Grade Students and Fitness Tests*