

APPLICATION OF SCIENCE AND TECHNOLOGY THROUGH PHYSICAL CONDITION TRAINING FOR ATHLETES PETANQUE DIY AS AN EFFORT TO INCREASING ATHLETES PERFORMANCE IN PORDA 2022

by Ahmad Nasrulloh, Rina Yuniana, Krisnanda Dwi Apriyanto

ABSTRACT

This PkM activity is a form of science and technology application based on the results of research that has been done before. Based on the results of superior research by Higher Education in 2021 which was funded by DIPA BLU Yogyakarta State University with UNY Chancellor's Decree Number: 1.19/UN34/III/2021 dated March 19 2021 concerning Research Funding of DIPA Fund Yogyakarta State University Year 2021, with the title "Development of the self method body weight training to improve physical fitness during the Covid 19 pandemic." Based on the description above, we feel the need to carry out Community Service activities with the title "Application of Science and Technology through Training of Physical Conditions for Athletes in Petanque DIY as an effort to Improve Athlete Performance at PORDA 2022."

The PkM activity method is carried out with Self Body Weight Training training for Petanque athletes⁵ in facing PORDA 2022. There are twelve models of Self Body Weight Training exercises. The Self Body Weight Training exercise models are as follows: Shoulder Tapping Push Up, Inchworm to Side Plank, Reclining Circle, Reclining Triceps Press, Lateral Plyo Squat, Slide Out, Floor Inverted Shoulder Press, Plank with Leg Lift, Reverse Crunch, Single Leg Dip , Split Jacks, Back Extension with Opposite Arm and Leg Reach. In addition, it also conveyed how to develop the right training program to be able to improve the performance of athletes when competing.

The implementation of community service based on the research results of the Yogyakarta State University LPPM in collaboration with the Indonesian Petanque Sports Federation (FOPI) for the Special Region of Yogyakarta has been carried out well. The activity was held on Saturday 16 July 2022. The training activity was held at the FIK UNY West Indoor Tennis Court. The resource person in this activity delivered material related to self body weight training and direct practice of physical condition training related to self body weight training.

The implementation of research-based community service activities "Application of Science and Technology through Physical Condition Training for Athletes Petanque DIY as an effort to Improve Athlete Performance at PORDA 2022" received good appreciation from Faculty partners, namely FOPI DIY, participants and resource persons. Starting from the process of coordination, implementation of activities to the implementation of PPM can run well.

Kata Kunci: *Training, physical condition, petanque*