

PHYSICAL FITNESS TESTING WORKSHOP FOR ATHLETES OF PORDA PUSLATKAB SLEMAN REGENCY

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ABSTRACT

Abstract The PPM implementation procedure must first determine the objective activities, the implementation process and so on. For PPM activities, first design training activities as well as possible so that the steps to be taken can be carried out properly. After designing the activity, the next step is to communicate with partners for finalization in the activity. In this case, KONI of Sleman Regency will be a partner in this activity. The activity was held on Wednesday, May 18, 2022. The activity will be carried out in 2 sessions, namely the first session will be filled with material from the instructor related to physical fitness, exercise and physical fitness classification for athletes. The next session besides continuing the material, there will also be a discussion session related to the material that has been delivered. Instructors provide input on the training process, the importance of physical fitness for athletes, as well as the importance of maintaining physical fitness during the training process so that the athlete's condition is always maintained in shape and prime when facing competition. After the activity is completed, an evaluation will be carried out by KONI and the Department regarding the implementation. Then articles will be made to be published in national journals, including jorpres, medikora. As for the international journal Journal of Science in Sport and Exercise or the Journal of Medicinal and Chemical Sciences. The approach used in this activity is "Problem Based Learning" which utilizes problems as triggers and footholds in coaching sports achievements. The method that is widely used is focused discussion with resource persons as facilitators and assistance to participants to actively explore, conduct trials, create relatively new methods and forms of training for athletes in regional training centers.

Kata Kunci: *Workshop, Physical Fitness Test, Puslatkab Athletes, Sleman Regency*