

Survival physical activity model to increase junior high school students' preparedness

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ABSTRACT

The research aims to develop a survival physical activity model product to increase youth preparedness in facing disasters and test the feasibility of the model based on experts and practitioners. This research and development consists of preliminary and development studies. Preliminary studies include literature and field studies (needs analysis) to collect various sources and data for the development of a draft physical activity model. Development begins with preparing a draft physical activity model product which is then carried out by expert validation and limited trials to revise the initial product draft that has been prepared. Qualitative data analysis and quantitative data analysis were carried out in this research. The survival physical activity model product is divided into: 10 individual survival physical activities and 10 group survival physical activities that can be used by physical education, sports and health teachers to develop the preparedness of junior high school students.

Kata Kunci: *Model, Survival, Physical Activity*