

PELATIHAN KONDISI FISIK BAGI PELATIH PORDA XVI TAHUN 2022 KABUPATEN KULON PROGO

by Prof. Dr. Dra. Endang Rini Sukamti, M.S., Dr. Yudanto, S.Pd., Jas., M.Pd, Dr. Aris Fajar Pambudi, S.Pd, ., M.Or

ABSTRACT

This community service activity aims to conduct Physical Condition Training for PORDA XVI 2022 trainers in Kulon Progo Regency. For the service team, this activity is a form of dedication to the Tri Dharma of Higher Education to the community, especially to the KONI of Kulon Progo Regency by providing training in order to improve the competence of trainers in Kulon Progo Regency.

This training activity was attended by coaches of the KONI sport in Kulon Progo Regency with a total of 40 sports. This activity was carried out offline at KONI Kulon Progo Regency by implementing the Health protocol in accordance with the provisions that had been set because it was still during the COVID-19 pandemic.

The result of this service is the implementation of Physical Condition Training for PORDA XVI 2022 trainers in Kulon Progo Regency. With this activity, it is expected to improve the quality of the trainer's knowledge, especially from the aspect of physical training and sport science insight in preparation for PORDA XVI DIY which was held in Sleman Regency. The output of this PPM is the Cooperation Paper (IA) and the results of this PkM will be published in the International Journal Humanitarian Responsibilities, Education & Sport Sciences (IJHRESS) and published on the website of the Department of Sports Coaching Education, Faculty of Sport Sciences, Yogyakarta State University.

Kata Kunci: *Training, Physical Condition, for Trainers of PORDA XVI 2022, Kulon Progo Regency*