

Basic Aerobic Exercise Instructor Training

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ABSTRACT: This community service activity (PkM) is in collaboration with Pengda Persani DIY which plays a role in providing theoretical speakers and participants and LKP Kartika Dewi which provides practical speakers, training venues and licences. This activity aims to improve the skills of participants, besides that the final result of this training can be an alternative for participants as a livelihood in the service sector. For the service team, this activity is a manifestation of the Tri Darma of Higher Education in the field of community service, especially to representatives of the golden village community fostered by UNY, representatives of the Persani club / city, gymnastics community members around UNY and LKP, by providing basic level aerobic gymnastics instructor training. This training activity was attended by 14 people, carried out offline at G O R Senam U N Y and LKP Kartika Dewi Hall, Yogyakarta. The result of this service is the formation of basic level aerobic exercise instructors who are ready to train in gymnastics studios and communities in Yogyakarta and surrounding areas. The activity is expected to increase knowledge and skills in the field of aerobic exercise so that prospective instructors are able to compete and compete in the field by adhering to the knowledge that has been obtained during the training. The output of this PkM is a Cooperation Manuscript (IA), Activity Report, Article, Media Publication, Certificate of activity, and the results of this PkM will be published in the Journal of Sports Achievement (JORPRES), ICERI seminar and published on social media (uny official).

KEYWORDS: Training, Instructors, Aerobic Gymnastics

I. INTRODUCTION

Gymnastics is one of the sports that has complex work characteristics. Aerobic sports refer to competitions that originated from gymnastics involving high and complex movement patterns and other exercises performed accompanied by music (R. E. Thomas & Thomas, 2019). In theory, training in sports is a systematic activity for a long time, progressively improved and individualised which leads to the characteristics of human psychological and physiological functions to achieve specified goals (Suharjana, 2013). Exercising or doing regular physical activity can reduce the risk of chronic disease, reduce stress and depression, increase emotional well-being, energy levels, self-confidence and satisfaction with social activities, Jane Ruseski (2014: 396).

The rise of gymnastics places today is inseparable from the level of concern and the level of public awareness about the culture of healthy living. As we all know that aerobic exercise is currently very popular with the general public because aerobic exercise can be done anywhere both inside and outside the building. Almost every agency, settlement, shopping centre is also not spared from this gymnastic activity. However, several obstacles are still encountered in the field, including the quality of instructors who are less able to master the material, the quality and licensing of instructors who are still questionable so that when in the field the instructors are unable to maximise conditions in the field.

Based on the results of discussions and observations made by the service team and partners, it was concluded that it was necessary to hold a basic level aerobic exercise instructor training for residents who were enthusiastic about gymnastics, wanted to become instructors but did not yet have a licence. On this occasion, pengabdian under the Faculty of Sport and Health Sciences, Yogyakarta State University in collaboration with Pengda Persani DIY and LKP Kartika Dewi held a 'Basic Aerobic Gymnastics Instructor Trainer Training'.

This course is designed to equip participants with comprehensive basic knowledge and skills, so that they can meet the standards required to become a professional aerobics instructor. A gymnastics instructor who will go into the field must be equipped with a variety of materials, both in theory and practice. This is so that the instructors are able to master the situations and conditions that exist in the field.

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A gymnastics instructor must master the didactic method of gymnastics correctly, understand beat music, understand injury management, nutrition, and exercise methodology. Some of these materials are basic knowledge that must be mastered by an instructor. In order to support this programme, training is carried out by combining theoretical and practical material on a scheduled basis, and is equipped with a mentoring system until the participants are declared fit to go into the field.

In an attempt to ensure the quality of training and produce professional and competent gymnastics instructors, it is necessary to provide the following solutions:

In an effort to produce professional and competent gymnastics instructors, several strategic steps are needed, namely conducting Basic Aerobic Gymnastics Instructor Training, providing theoretical and practical material by competent speakers in the field of coaching and aerobic gymnastics, and conducting evaluations through pretests and posttests to measure understanding. The target output of this training is the implementation of training with effective material delivery, easy to understand, and an evaluation that motivates participants to improve their abilities. Indicators of success include the implementation of a good and smooth test, the granting of official licences to participants, and the results of pretests and posttests as a measure of the level of understanding of the material.

II. METHOD

This research method begins with observation which reveals that many members of the gymnastics community and the public train by themselves without formal training and licensing. To address this problem, a Basic Level Aerobic Gymnastics Instructor Training involving theory, practice, and evaluation was organised to improve instructor competence. Partner LKP Kartika Dewi provided facilities, teachers, equipment, and participants to support this activity.

The activity began with a pretest to assess participants' initial knowledge, followed by systematically designed theory and practice sessions. After the training, a posttest was conducted to evaluate the success of the programme. Participants were also provided with technical assistance and regular evaluations for one month to ensure the implementation of the materials in the field. The target audience of this programme included community representatives from the golden village under UNY guidance and LKP participants, with a total target of 15 people. This programme uses pretest, theory, practice, posttest, demonstration, and mentoring methods to ensure comprehensive knowledge transfer and capacity building of participants.

III. RESULT AND DISCUSSION

Results

The implementation of the 'Basic Aerobic Gymnastics Instructor Training' programme was conducted at UNY Gymnastics GOR and LKP Kartika Dewi Yogyakarta, involving 14 participants from various gymnastics communities, including representatives from UNY-assisted golden villages in Sleman, Bantul, and Kulonprogo. This activity includes pretest, theory, practice, demonstration, posttest, and technical assistance for 1.5 months. Evaluation of the results showed a significant increase in the participants' understanding of theory and ability to practice aerobic exercise. The pass rate reached more than 90%, with all participants receiving official licences as aerobics instructors.

This programme had an impact on the formation of competent gymnastics instructors, who are expected to contribute to the development of gymnastics in local communities and the DIY region. In addition, participants showed high enthusiasm throughout the programme, although some faced obstacles in adjusting their time with the activity schedule.

Table 1. Programme Implementation Results

Activity	Main Outcome
Pretest	Initial assessment of participants' skills and knowledge.
Theory	Improved understanding of basic aerobic exercise concepts.
Practice	Practice gymnastics skills according to the teacher's guidance.
Posttest	Final evaluation showing improvement in understanding and skills.
Technical Assistance	Ongoing monitoring to ensure participants are ready to train.

Discussion

The 'Basic Aerobic Exercise Instructor Training' programme has a strong relevance to the needs of the community to produce competent and professional instructors. The programme supports the improvement of the quality of human resources (HR) by

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providing structured training that integrates theory and practice. This is in line with the vision of HR development in the sports sector to create licensed professionals who are able to contribute to the development of healthy communities.

The training also demonstrated success in motivating participants to improve their competencies, as evidenced by their enthusiasm throughout the programme and their success in obtaining instructor licences. However, challenges such as participants' limited time due to busy work schedules need to be addressed for similar programmes in the future. Ongoing technical assistance is an important component that ensures participants can effectively apply the training materials in their communities.

The sustainability of this programme requires collaboration between academics, communities and local partners, such as LKP Kartika Dewi, to expand the reach of its impact. Periodic evaluation and monitoring are needed to improve the effectiveness of future trainings.

Table 2. Key Components in the Discussion

Aspect	Main Discussion
Relevance of the Programme	Supporting the development of human resources in the field of sports.
Participant Success	High pass rate (>90%) and official licence obtained.
Challenges	Implementation time that intersects with participants' work.
Programme Sustainability	The importance of regular post-training evaluation and monitoring.

The implementation of the Basic Aerobic Exercise Instructor Training programme showed success in producing competent and licensed instructors. Most participants successfully completed the training with a pass rate of more than 90%. The materials provided, both theoretical and practical, successfully improved participants' understanding of aerobic exercise techniques and teaching methodologies. The enthusiasm of the participants was a positive indicator of the relevance and effectiveness of the programme.

However, there were some obstacles during implementation. Some participants had difficulty organising time between training activities and their jobs. In addition, initial mastery of the materials varied, so technical assistance was an important element to ensure optimal application of the materials. The success of this programme provides recommendations for improving similar implementations in the future, especially by adjusting the training schedule and strengthening postprogramme monitoring.

IV. CONCLUSION

The Basic Level Aerobic Gymnastics Instructor Training Programme successfully achieved its main objective of improving participants' competence in aerobic gymnastics theory and practice. With a pass rate of more than 90%, the programme proved the effectiveness of learning methods that integrate theory, practice, and evaluation such as pretests and posttests. Participants also receive an official licence, which strengthens their legality as aerobics instructors in their respective communities.

The success of the programme was supported by good collaboration between academics, communities, and local partners, such as LKP Kartika Dewi, who provided facilities and instructors. However, some challenges, such as the tight training schedule and the varying levels of initial understanding of the participants, point to the need for improvement in future programme design. In conclusion, the training not only produced competent instructors but also had a positive impact on developing the quality of human resources in the field of sports and healthy communities.

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