



acpes
2019 THE 5th INTERNATIONAL CONFERENCE ON
PHYSICAL EDUCATION, SPORT, AND HEALTH

PROCEEDINGS

THE 5th INTERNATIONAL CONFERENCE ON
PHYSICAL EDUCATION, SPORT, AND, HEALTH



ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT (ACPES)

**“PROMOTING EQUITABLE QUALITY ON PHYSICAL EDUCATION, SPORT, HEALTH
AND ENVIRONMENT FOR SUSTAINABLE FUTURE”**

Semarang City, Indonesia, September 11 - 12, 2019

**FACULTY OF SPORTS SCIENCE
UNIVERSITAS NEGERI SEMARANG**



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UNIVERSITAS NEGERI SEMARANG
INDONESIA**

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“Promoting Equitable Quality on Physical Education, Sport, Health, and Environment for Sustainable Future”

UTC Hotel, Semarang, Indonesia, September 10-12, 2019

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PREFACE

ACPES (ASEAN Council of Physical Education and Sport) is a council consisting of some universities across ASEAN namely Srinakharinwirot University Thailand, Mahasarakham University Thailand, PESS NIE NTU Singapore, Universiti Putra Malaysia, Mindanao State University - Iligan Institute of Technology Philippines, Kasetsart University Thailand, Chulalongkorn University Thailand, Institute of Technical Education Singapore, Universiti Teknologi MARA Malaysia and Universitas Negeri Semarang Indonesia. The ACPES annually host an International conference in various countries of its members. The 1st conference on 2015 was hosted by UNNES, Indonesia, The 2nd ACPES was hosted by MSUIIT Philippines, the 3rd ACPES was hosted by Kasetsart University Thailand, and the 4th ACPES was hosted by Universiti Putra Malaysia (UPM). This year, from September 10-12, 2019, The 5th ACPES with the name of the 5th International Conference on Physical Education, Sport, and Health, hosted by UNNES, took place at UTC Hotel, Semarang, Central Java, Indonesia.

This conference brings together academic experts and practitioners from South East Asia and beyond to share new knowledge, ideas, and experiences pertaining to Physical Education and Sport. The scientific program of this conference included many topics related to Physical Education, Sports and Public Health as well as those in related fields in order to accommodate more aspirations and expressions of sport's and health communities.

We would like to express our gratitude and appreciation for all the reviewers who helped us maintain the high quality of manuscripts included in this proceedings. We are very grateful to the International/National advisory committee, session chairs, students' volunteers, and administrative assistants who selflessly contributed to the success of this Conference. Also, we are thankful to all the authors who submitted papers, because of which the conference became a story of success. We would also like to extend our thanks to the members of the organizing team for their hard work.

On the day of completion of this journey, we are delighted to present the proceedings of ACPES 2019 the 5th International Conference on Physical Education, Sport, and Health to the authors and delegates of the event with a high level of satisfaction and aspiration. We hope that you will find it useful, exciting and inspiring. We appreciate that the authors of this conference may want to maximize the popularity of their papers and we will try our best to support them in their endeavors.

Semarang, December 11, 2019
Conference Chair,
Prof. Dr. dr. Oktia Woro K.H., M.Kes.

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Sports Promotion through FGTP (FIK Goes to Public)

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Abstract—FGTP (FIK Goes to Public) is one of the programs from Sports Science Faculty, Universitas Negeri Semarang, which is held every week at the Semarang City Free Car Day. This event is implemented to make people aware of the importance of maintaining physical fitness by exercising and to realize the importance of medical check-up. In addition, FGTP can also be used as a promotional event for the citizen, in order to make sports and healthy lifestyles became more popular in the citizen. By interacting with the citizen directly, they will be more motivated to participate. The event was also packaged in a simple and fun way which make the citizen could enjoy and willing to join the event. (*Abstract*)

Keywords : CFD (Car Free Day), FGTP (FIK Goes To Public), Promotion, Sports, Health

I. INTRODUCTION

Semarang is one of the cities in Indonesia with a fairly high level of air pollution, some of the causes of the high level of pollution in Semarang are vehicle smoke, smoke from garbage burning, and factory smoke. To control the environment, it is necessary to carry out a car free day as an area for pedestrians and other activities[1]. The activity had been seen to be effective in reducing air pollution in the City of Semarang. The Semarang City Government through the Badan Lingkungan Hidup Semarang City or Environmental Council Semarang City (BLH) oversees the activity.

Sports or physical activity can be do anywhere and anytime. So the Faculty of Sport Science of Semarang State University organizes FGTP (FIK Goes To Public) activities for the community to be more fond of sports and physical activities. In addition, FGTP (FIK Goes To Public) also aims to serve the community and to promote sports. FGTP (FIK Goes To Public) is carried out in a series of activities in CFD (Car Free Day). In FGTP (FIK Goes To Public) there are a number of activities organized such as aerobics, health checks, massages and traditional games, martial arts, tonnis, and several other activities. This is considered beneficial for the

community to increase public awareness of the importance of exercise for fitness and health.

II. MATERIAL AND METHOD

This is a review of literature related to that CFD and FGTP. Some jurnal that are been used for are, Car Free Day (CFD) : Alteration of Regulation Mayor of Semarang, Number 22 2011 About Car Free Day Semarang City[1] Participation The Citizen in Sport Event[2] Vision of Physical Education and Sports[3] Edial Sanif Primary Care Doctor, Doctor Faculty[4] Sports Behavior The Citizen in Car Free Day Semarang City [5].

FIK Goes To Public (FGTP) : Physical Activity and Diet with Central Obesity on Religion Figure in Manado City[6] Correlation Physical Activity Towards Hemoglobin Level on Student of Pandekar Club Member Universitas Andalas[7] The Improvement Physical Fitness Trough Modification of Run Games “KASVOL” on Physical Education and Health Study[8] The Effect of Sports Activity Toward Physical Fitness[9] Correlation Between Medical Check-Up Status Toward Physical Disabillity Phenomenon on Elderly in Punung Sub-district Pacitan District[11] Free Medical Check-Up Provision for Elderly[12].

Massage : Sport Massage[13]. Aerobic Dance : Benefit of Aerobic Sport Exercise Toward Human Physical Fitness[10].

III. RESULTS AND DISCUSSION

A. Car Free Day (CFD)

CFD (Car Free Day) is a program carried out by the government that aims to reduce air pollution, especially in big cities in Indonesia. Beside that, another purpose of CFD (Car Free Day) is to provide green space for citizen. The activity was carried out in almost all cities in Indonesia, one of the cities that held CFD (Car Free Day) was Semarang.

Semarang is one of the cities in Indonesia with a high level of air pollution. To control the environment, it is necessary to carry out a car free day as an area for pedestrians and other activities[1]. Semarang is a city that holds Car Free Day every Sunday starting at 06.00-09.00 WIB which is located at Jalan Pemuda Simpang Lima Semarang. Activities in Car Free Day are various activities such as sports, including facilities for sports such as walking, cycling, running, rollerblading, skateboarding, street workout, aerobic exercise and so forth. Hopefully the citizen can participate and support these activities, because these activities are considered effective as one way to reduce pollution and as a preservation of the environment.

Sports and sports are the basic rights of every person regardless of race, religion, social class, or gender[2]. Sport for All was promoted by the IOC (National Sports Committee) since 1983 aims to encourage the realization of sports activities that can be carried out by the whole community without recognizing boundaries and differences.

Sports are physical activities that contain the nature of the game and contain struggles with ourselves, others, and nature that have certain goals[3]. Sport is a physical activity that is very beneficial for the body, especially in maintaining physical fitness. Besides being beneficial for maintaining body fitness, exercise is also beneficial for maintaining a healthy body. Physical exercise can not cure all kinds of diseases as some people think, but just as we need oxygen, food and sleep, you also need strong physical activity to maintain physiological and mental processes.

In addition to reducing the level of urban air pollution, CFD (Car Free Day) can also be used as a means for various activities and activities for the citizen, one of which is exercise and physical activity.

Besides being one way to preserve the environment, Car Free Day is also a place for people to do physical activities and exercise. Implementation of activities on car free day as part of the initial momentum in the implementation of the movement for the citizen to improve physical abilities and as part of recreational sports both for health and to improve physical fitness in an integrated manner[4].

Community sports behavior in the Car Free Day program is very enthusiastic seen from the large number of people present and community interest in sports activities in the program Car Free Day, with a variety of sports behaviors such as aerobics, roller skates, cycling, jogging[5].

B. FIK Goes to Public (FGTP)

Almost everyday all humans do activities, whether it is physical activity or thinking. Physical activity is any body movement carried out by skeletal muscles that results in the expenditure of an amount of energy expressed in kilo calorie units [6]. Physical activity is any body movement that comes

from skeletal muscle that requires energy expenditure[7]. Physical activity undertaken also varies, ranging from mild, moderate, to severe physical activity. Therefore humans need physical exercise to maintain physical fitness. Physical exercise itself aims to keep the body from fatigue in doing daily physical activities. Physical fitness means how one's physical ability to perform daily physical tasks optimally can even carry out additional physical activities without causing significant exhaustion[8].

To maintain physical fitness, humans must do regular physical exercise and adapt to the needs of each individual. Regular sporting activities can increase heart-lung endurance, muscle strength and endurance, body flexibility and body composition. It was concluded that sports activities can improve fitness[9].

Sports or physical activity can be done anywhere and anytime. So, Sports Science Faculty of Semarang State University organizes FGTP (FIK Goes To Public) activities for the citizen to be more fond of sports and physical activities. In addition, FGTP (FIK Goes To Public) also aims to serve the citizen and to promote sports. FGTP (FIK Goes To Public) is carried out in a series of activities in CFD (Car Free Day). In FGTP (FIK Goes To Public) there are a number of activities organized such as aerobics, health check-up, massages and traditional games, martial arts, tennis, and several other activities. This is considered beneficial for the community to increase public awareness of the importance of exercise for fitness and health.

This activity was also carried out to increase public awareness of the importance of exercise for physical fitness and health. FGTP is organized by the Faculty of Sports Science through Departments in the Sports Science Faculty and is assisted by the Student Association (HIMA) department in the faculty. There are 5 HIMA participating in holding FGTP namely HIMA PJKR (Physical Education), HIMA PKO (Sports Coaching), HIMA IKOR (Sports Science), HIMA IKM (Public Health), every week alternating and helping each other in organizing the program. In addition to the Student Association, students of the Sport Science Faculty also support and assist in organizing these activities because FGTP is also one of the ways students to apply courses that have been received directly to the public. In the FGTP especially those organized by the Department of Sport Science there are several activities organized such as aerobics, health check-up, massages, and traditional sports. With the holding of FGTP, the Faculty of Sport Science hopes that this activity can become one of the community's media to exercise and to health check-up periodically.

In addition, FGTP can also be used as a sports and health promotion event, so that more people are aware of the importance of maintaining physical fitness and physical health. By packaging the program in an interesting way, people will be interested and try to exercise and check their health. So it is

hoped that through this method the public will start to enjoy exercising and doing regular health check-ups

2.1 Aerobic Dance

Aerobic at FGTP is one of the aerobic sports which are very useful for maintaining physical fitness. Aerobic exercise alone is more effective in maintaining physical fitness. Aerobic exercise is a systematic sport activity with a gradual and continuous increase in load that uses energy derived from combustion using oxygen, and requires oxygen without causing fatigue [10].

2.2 Traditional Sports

Many children around us do not know about traditional sports, this is due to the rapid development of technology that makes people especially children play more with gadgets, and almost displace traditional sports. Traditional sports are slowly to be abandoned. Some examples of traditional sports are crank, stilts, betengan, obstacle course, hide and seek, pillow thumps. Traditional sports are often held for public holidays. In the current era, traditional sports have begun to be modified and packaged in various ways, one way is by outbound intended for relaxation and refreshing.

2.3 Health Check-Up

Health is an important thing / central for the sake of adequate life sustainability, healthy itself has a meaning where a prosperous and balanced condition both physically and spiritually that enables a person to live productively socially and economically[11].

Health check-up should be done routinely by the community, this aims to make people aware of the condition of the body. Health check is one of the efforts to prevent diseases and handle diseases more quickly and accurately. Health check-up is also an examination that is more focused on primary and secondary prevention efforts, namely detecting various health factors as a whole that can cause certain diseases in the future[12].

Health check-up services that available at FGTP include blood pressure checks, weight checks, height checks, and BMI (Body Mass Index).

2.4 Massage

Massage has several types such as fitness massage, massage injury and beauty massage. Massage is an art of hand gestures that aims to get pleasure and maintain physical health. Hand gestures mechanically will create a sense of calm and comfort for the recipient[13]. In its development, massage can be divided into several types, including:

1.) Sport Massage

Special massage to people especially sportsmen. The purpose of sports massage in general is to improve blood circulation, especially the drive for venous blood or venous blood to the heart, stimulate nerve supply, especially peripheral

nerves to increase sensitivity to stimuli, and reduce or eliminate nerve tension and reduce pain.

2.) Segment Massage

Massage aimed at helping healing of physical disorders, disorders in certain parts mainly due to weather, work that is too far, rape or coercion (trauma) on the body and physical abnormalities caused by certain diseases.

3.) Cosmetic Massage

Special massage intended to nurture and enhance beauty and beauty, both facial beauty and body beauty and their parts.

IV. CONCLUSION

Maintaining body fitness is very important because to go through daily activities so as not to feel excessive fatigue. Many ways can be do to fit, one of them is by exercise. By the FGTP (FIK Goes To Public) the citizen can do sports activities there. This was felt effective because in addition to being a strategic place, the program was also packaged in a simple and interest way. So that people who come to the CFD (Car Free Day) are only refreshing will interested and try to do physical activities. By doing so, directly and indirectly through the program can promote sport to the citizen.

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