

# **KONSEP PENDIDIKAN KEB. JASMANI**

1. Definisi kebugaran jasmani
2. Komponen kebugaran jasmani
3. Permasalahan kebugaran jasmani
4. Kiat/cara mencapai keb. jasmani

# PENGERTIAN KEBUGARAN JASMANI

- Kebugaran jasmani (Physical Fitness) secara harfiah berarti kesesuaian fisik atau kecocokan jasmani
- Kebugaran jasmani adl kemampuan seseorang untuk menunaikan tugas sehari-hari dengan mudah, tanpa merasa lelah yang berlebihan, serta mempunyai cadangan tenaga untuk menikmati waktu senggangnya dan untuk keperluan mendadak (Sadoso,1994)
- Physical Fitness: Striving for optimal physical quality of life, including obtaining criterion levels of physical fitness test scores, and low risk of developing health problems(Howley dan Franks,1992).

# PENGERTIAN KEBUGARAN JASMANIN

## Physical fitness

- Physical fitness is anything that is owned / accomplished person in relation to its ability to perform physical activity. Physical Fitness is a condition characterized by the ability to perform daily activities and low risk for contracting / hipokinetik disease early.
- Physical Fitness has a definition: “A person’s ability to efficiently perform everyday activities without the occurrence of excessive fatigue so still can enjoy their leisure time”

# Fitness is classified into:

- Fitness Static: is the static of someone who is free from disease and disability or the so-called healthy.
- Dynamic Fitness: Ability to work efficiently someone who does not require special skills, such as walking, running jumping, lifting, etc.
- Fitness Motor: Person's ability to work efficiently which require special skills. For example, runners: having fled the correct technique to be able to win races  
(<http://www.fisiosca.2009.05/03/20011>)

# JENIS-JENIS KEBUGARAN JASMANI

## ADA DUA KEBUGARAN

- Health related fitness: kesegaran jasmani yang berhubungan dengan kesehatan
- Motor related fitness: kesegaran jasmani yang berhubungan dengan keterampilan.

# PENGERTIAN KEBUGARAN TOTAL

TOTAL FITNESS (KEBUGARAN TOTAL) ADL:

- KEBUGARAN YANG MENCAKUP BERBAGAI ASPEK SEPERTI:

1. Intelektual (KOGNITIF),
2. Sosial (Kemasyarakatan),
3. Spiritual (VALUE), dan
4. Kesegaran fisik (Fisical Fitness)

# Komponen Kebugaran jasmani terkait kesehatan

- Daya tahan paru jantung (cardiorespiratory endurance)
- Kekuatan otot (muscle strength)
- Daya tahan otot (muscle endurance)
- Fleksibilitas/kelenturan (flexibility)
- Komposisi tubuh (body composition)

# Kebugaran jasmani terkait keterampilan

Selain mencakup kebugaran terkait dengan kesehatan, kebugaran jasmani terkait keterampilan juga mencakup komponen:

- Kecepatan (Speed)
- Daya ledak (Power)
- Keseimbangan (Balance)
- Kelincahan (Agility)
- Koordinasi (Coordination)



# Bugar dan segar

- Kesegaran: berkaitan dengan bunga, buah, sayur. minuman
- Kebugaran: berkaitan dengan tubuh