

## ABSTRACT

AHMAD ADITYA SUBKHI. Knowledge Practice Using Outdoor Fitness Equipment (Survey on the user community outdoor fitness equipment Sports Rawamangun in East Jakarta). Essay. Jakarta: Recreation Sports Studies Program, Faculty of Sport Science, State University of Jakarta, in January 2016.

This study aimed to determine the knowledge of the practice of the use of outdoor fitness equipment on the user community outdoor fitness equipment Sports Rawamangun in East Jakarta. This study was conducted on 25 September 2015 s / d January 7, 2016 in Sports Rawamangun, East Jakarta. The method used in this research is survey method with the testing techniques, namely community outdoor fitness equipment users answered questions about knowledge of the practice of the use of outdoor fitness equipment.

Communities know the intent and purpose of the concept of fitness (fitness). People already know and already understand the intent of the fitness concept. It can be seen from the percentage of dimensions that amounted to 76.60%, due to the high percentage of ease in getting public information. It can be concluded that the public was aware of the concept of fitness (fitness). Communities know the intent and purpose of outdoor fitness equipment. People understand the intent of the outdoor fitness equipment. It can be seen from the percentage dimensions of 75.25%, due to the high percentage already understand how to use the outdoor fitness equipment. It can be concluded that the public Rawamangun in East Jakarta has been understood about outdoor fitness equipment.