

SUMMARY

Understanding Personal Trainers About Sports Injuries And Weight Loss Programs At Fitness Elite Club Epicentrum Kuningan Jakarta.

Abstract.

This study aims to determine the personal understanding of trainers about sports injuries and weight loss program in fitness elite club brass jakarta

This research was conducted at Fitness Elite Club Epicentrum Kuningan Jakarta. Jl. Epicentrum Utama Raya, Kuningan, South Jakarta 12940 in July 2017. This research used questionnaire survey method to collect data, the sample used is Personal trainer who work in fitness elite club brass jakarta. Total PT in the fitness amounted to 14 people. Sampling using total sampling. The research instrument uses the form of a statement with a choice of right-wrong answers and with a guttman-scale research method.

The results showed: 9 personal trainers have good knowledge about understanding sports injury And there are 5 personal trainers have enough knowledge about weight loss program. While there are 12 people personal trainers who have a good knowledge of weight loss program. And 2 people who have sufficient ability in knowledge of sports injuries.

Keyword : Personal Trainer, Sport Injuries, Weight Loss