

**APLIKASI OLAHRAGA DASAR DAN PENANGGULANGAN CEDER
BERBASIS ANDROID**
(*BASIC SPORTS APPLICATIONS AND SWITCHING INSURANCE BASED ANDROID*)

Edho Kristanto
Fakultas Teknologi Informasi dan Komunikasi
Universitas Semarang
edxx38@gmail.com

ABSTRACT

Exercise is a physical activity that improves the quality of health. However, exercise awareness in Indonesia is still relatively low although the benefits of exercise are well known. Because health is important for humans, activities that can maintain the condition of the body to stay primed need to be routinely performed. Today many people are lazy to exercise for various reasons, therefore need something interesting to be able to accompany when exercising. By leveraging smartphone technology that is currently growing rapidly the author will create an android based interactive application that contains basic sports guides and accompanied by injury prevention guide to support the safety of exercises using android studio and SQLite as database with accompanied by waterfall system development method. With this interactive application is expected to motivate someone to exercise and add insight, in addition to helping users exercise properly, safely and effectively.

Keywords: Sports, Injury Prevention, Application Program.