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Rina Mahira
Sports Science, Yogyakarta State University, Yogyakarta, Indonesia

Ahmad Nasrulloh
Sports Science, Yogyakarta State University, Yogyakarta, Indonesia

Sigit Nugroho
Sports Science, Yogyakarta State University, Yogyakarta, Indonesia

Sulistiyono
Sports Science, Yogyakarta State University, Yogyakarta, Indonesia

Sundari Putri Rahayu
Sports Science, Yogyakarta State University, Yogyakarta, Indonesia

Corresponding Author:
Rina Mahira
Sports Science, Yogyakarta State University, Yogyakarta, Indonesia

Evaluation of the implementation of weight loss exercise program for obese members at the HSC UNY fitness center

Rina Mahira, Ahmad Nasrulloh, Sigit Nugroho, Sulistiyono and Sundari Putri Rahayu

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Abstract
This research aims to determine the results of evaluating the context, input, process, and product of implementing the Weight Loss Exercise Program for the obese members of HSC UNY Fitness Center. The evaluation model used by researchers was based on CIPP. The research subjects were the members, instructors, FO, and manager of the HSC UNY Fitness Center. The sampling technique used purposive sampling, with sample criteria: members who were still actively training, instructors who were involved in developing training programs, FOs who were still on active duty, and managers who were still active. The data collection techniques used observation, questionnaire, and interview methods. The data analysis technique was the descriptive quantitative and descriptive qualitative analysis. The results of the research show that: 1) evaluation of the context of implementing the weight loss exercise program for the obese members of HSC UNY Fitness Center is at 3.60, and the target for program success has been maximized. 2) Evaluation of the input for implementing the weight loss exercise program for the obese members of HSC UNY Fitness Center is at 3.68. From the research results, input facilities and infrastructure have met feasibility standards. 3) Evaluation of the process of implementing the weight loss exercise program for the obese members of the HSC UNY Fitness Center is at 3.65. From the results of the research evaluation process for implementing the weight loss exercise program for the obese members of HSC UNY Fitness Center, the instructors have been optimal in providing exercise programs. 4) Product evaluation for implementing the weight loss exercise program for the obese members of HSC UNY Fitness Center is at 3.70. From the results of product evaluation research on the implementation of the weight loss exercise program for the obese members of HSC UNY Fitness Center, it can be concluded that the members are successful in losing weight. The conclusion is that the weight loss exercise program for the obese members of HSC UNY Fitness Center is effective.

Keywords: Evaluation, exercise program, obesity

Introduction
In the last decade, the prevalence of obesity worldwide has increased drastically, making this nutritional problem one of the problems that needs serious attention. Obesity should not be considered only a consequence of an unhealthy lifestyle that poses a significant risk to health. Obesity should be considered a disease and a risk factor for other diseases. Obesity is a condition that exceeds a person's relative body weight, due to the accumulation of nutrients, especially carbohydrates, fats, and proteins. Some things that distinguish obesity from overweight include BMI values. Overweight can occur when the BMI value ranges from 25 to 29.9, while obesity is where the BMI value exceeds 30. Obesity occurs due to a combination of genetic factors, lifestyle. Diet, and environmental factors while overweight is caused by an unbalanced diet, lack of physical activity, and other factors [1].
In 2008 until now WHO (World Health Organization) shows that obesity is a global epidemiological problem that is a serious threat to world public health. More than 1.4 billion adults aged over 20 years are overweight. This number is experienced by 4 women compared to men [2] This explanation is in accordance with research conducted by Purwo Setiyo Nugroho (2020) entitled "Gender and Age at Risk for Obesity in Adolescents in Indonesia" the study explains that women have a risk of obesity of 0.595 than men. While the age of the

respondents are 14 years [3]. Adolescents are at risk of obesity, there needs to be prevention of obesity in adolescents by the government and private sector in the form of community empowerment, health promotion and public policy.

Another fact from the data revealed by WHO shows that at least 2.8 million adults die each year due to obesity. Therefore, overweight and obesity rank fifth in the risk of global death. Obesity is one of the biggest causes of death besides alcohol, tobacco, and illegal drugs. This condition occurs due to the high incidence of obesity in the community. In addition to western countries, this problem has also increased in developing countries, such as India, China, and Indonesia, along with changes in lifestyle and diet [2, 4].

CDC (Centers for Disease Control and Prevention) 2020 data shows that the prevalence of obesity in adults is increasing. An estimated 22% of adults have gained weight during the COVID-19 pandemic. This weight gain will increase the risk of cardiovascular and metabolic diseases [5]. The data above is in accordance with research conducted by Karin Belinda Ardella in 2020 entitled "Health Risks Due to Changes in Diet and Physical Activity Levels during the Covid-19 Pandemic". The results obtained in this study are that changes in diet and physical activity levels during the Covid-19 pandemic can trigger weight gain, insulin resistance, changes in muscle structure, and general modifications, thereby increasing the risk of metabolic diseases, cardiovascular diseases, neuromuscular diseases, and susceptibility to infectious diseases [6].

Overweight (Obesity) is a risk factor for various degenerative diseases, such as type 2 diabetes mellitus, hypertension, heart disease, and cancer. The American Heart Association (AJA) identifies obesity as a major risk factor for coronary heart disease. Weight gain after young adulthood is associated with the risk of coronary heart disease. Cohort studies in young adults show that those who gain more than 2.5 kg in 15 years have an increased risk of coronary heart disease and a high incidence of metabolic syndrome and its components, such as fat and blood pressure [7]. A study conducted by Ulfa Intan Tiara in 2020 entitled "The Relationship between Obesity and Hypertension" concluded that there is a relationship between obesity and hypertension. Someone who is obese tends to have a higher risk of developing hypertension. With obesity in people with hypertension, it will determine the severity of hypertension [8].

There are various ways to lose weight, including through sports activities. Regular sports activities and choosing the right exercise program greatly affect the progress of achieving weight loss. Fitness centers are one of the places that are often found by visitors to lose weight. Fitness centers have many advantages compared to other sports, such as the presence of personal trainers or instructors who supervise and provide the right program during exercise, and can be done at any time regardless of time. The role of a personal trainer greatly influences the success of a member's exercise program. However, many members are also found who do not use the services of a personal trainer. At the HSC UNY fitness center, there are several exercise programs such as weight gain, weight loss, toning, and so on. Based on the results of observations in the field, members who do not use the services of a personal trainer have difficulty in the success of the exercise program and the time used is quite long. With this, the author intends to conduct 7 evaluation studies entitled "Evaluation of the Implementation of the Weight Loss Exercise Program for Obese Members of the HSC UNY Fitness Center". The researcher conducted an evaluation using the CIPP model because this model is often used in evaluations and is very objective and accurate in providing information.

Materials and Methods

This study uses the CIPP evaluation model with a mixed method, namely quantitative and qualitative in evaluating the implementation of the weight loss training program for obese members at the HSC UNY fitness center. The CIPP Model is used in the study because it contains the entire program being evaluated so that the results of the CIPP model evaluation are comprehensive and valid.

The evaluation model that will be used in this study is the CIPP model, this is because the CIPP model is an evaluation that is carried out in a complex manner that includes Context, Input, Process, and Product. The CIPP model as one of the most comprehensive evaluation models means to obtain more accurate and objective information and evaluate what has been achieved in 39 weight loss training programs for obese members at the HSC UNY fitness center with what should be achieved based on the standards of the training program that has been prepared.

In this study, the instruments used were observation and questionnaires. The instrument used by the researcher used a questionnaire instrument that would be validated by a Sports Fitness validator expert.

The study population was active members, instructors, Front Office and managers with a total of 57 populations. The author used a purposive sampling technique, obtained a sample of 10 respondents including 6 obese members, 2 instructors, 1 FO, and 1 manager. The evaluation location was carried out at the Fitness Center Health and Sport Center, Yogyakarta State University. The implementation of this study was for 3 months from September to November 2023.

Results

1. Context Evaluation

The results of the research data analysis on the context evaluation with a score of 3.60 with the agree category related to the statement on the context evaluation, the overall results can be seen in the table and diagram below.

Table 1: Context Evaluation Results

No	Statement	Score	Category
1	The development of the UNY HSC Fitness Center program has been going well	3,50	Effective
2	Instructors and Members design the training program first	3,70	Effective
3	Fitness Center HSC UNY has a good preparation program	3,70	Very Effective
4	Members who train know the goals of the training program	3,50	Effective
5	Members must understand the objectives of the training program	3,60	Effective
6	Members understand the achievement of training targets	3,50	Effective
7	Target achievement is determined by the training carried out	3,60	Effective
8	Members and instructors must understand the training coaching program	3,70	Very Effective
9	Members and instructors know the training benchmarks	3,60	Effective
Total Context		3,60	Effective

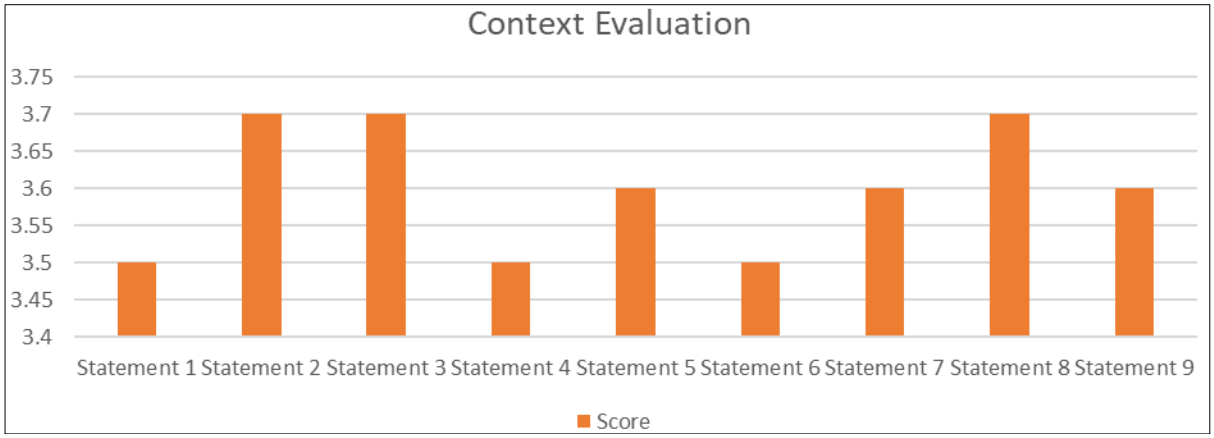

Fig 1: Context Evaluation Bar Chart

The diagram above shows that statement 1 gets a score of 3.50 with the Effective category, statement 2 gets a score of 3.70 with the Very Effective category, statement 3 59 gets a score of 3.70 with the Very Effective category, statement 4 gets a score of 3.50 with the Effective category, statement 5 gets a score of 3.60 with the Effective category, statement 6 gets a score of 3.50 with the Effective category, statement 7 gets a score of 3.60 with the Effective category, statement 8 gets a score of 3.70 with the Very Effective category, and finally statement 9 gets a score of 3.60 with the Effective category.

2. Input Evaluation

The results of data analysis in the input evaluation obtained a score of 3.68 with the Effective category for statements that have been filled in by members, instructors, FO, and HSC UNY fitness center managers, so that all results can be seen in the table and bar chart below.

Table 2: Input Evaluation Results

No	Statement	Score	Category
1	The facilities and infrastructure at the HSC UNY fitness center meet standards	3,80	Very Effective
2	Facilities and infrastructure already use digital technology	3,50	Effective
3	Facilities and infrastructure are suitable for use	3,70	Effective
4	Facilities and infrastructure are complete	3,60	Effective
5	Facilities and infrastructure are well used	3,70	Effective
Total Input		3,68	Effective

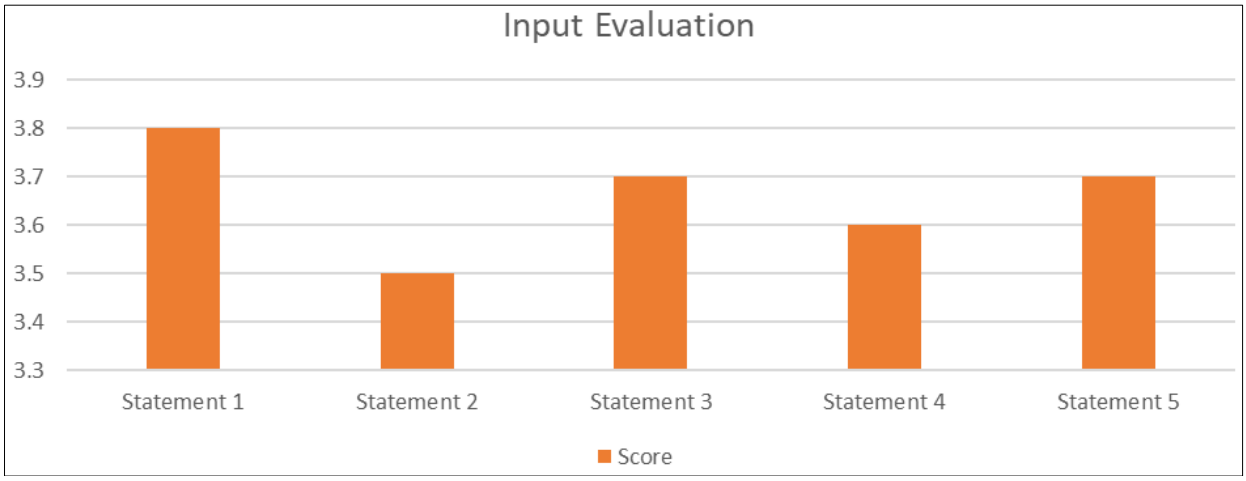

Fig 2: Input Evaluation Bar Chart

Based on the results of the input questionnaire above, the overall results obtained are an average total input value of 3.68 with an effective category for all statements. The results obtained indicate that in the input section of the evaluation of the implementation of the weight loss training program for obese members at the HSC UNY fitness center in the effective category related to all statements containing facilities and infrastructure for the HSC UNY fitness center. of all the input components in the standardization indicators of facilities and infrastructure, the feasibility of facilities and infrastructure, and the completeness of facilities and infrastructure. From the results of the analysis of the diagram above, it shows that statement 1 gets a score of 3.80 with a very effective category, statement 2 gets a score of 3.50 with an effective category, statement 3 gets a score of 3.70 with an effective category, statement 4 gets 61 3.60 with an effective category, and the last statement 5 gets a score of 3.70 with an effective category.

3. Process Evaluation

The results of the data analysis from the process evaluation obtained a score of 3.65 with the Effective category for the statements that had been filled in by members, instructors, FOs, and HSC UNY fitness center managers, so that the results of the data analysis can be seen in the table and bar chart below.

Table 3: Process Evaluation Results

No	Statement	Score	Category
1	Training programs are prepared by members and instructors	3,70	Effective
2	Members are happy with the training program	3,80	Very Effective
3	Creating periodization during training	3,60	Effective
4	The existence of recreational sports activities	3,50	Effective
5	Recovery regularly	3,60	Effective
6	Improve physical fitness components	3,60	Effective
7	The effects of training are monitored gradually	3,60	Effective
8	Regular dietary intake	3,80	Very Effective
Total Process		3,65	Effective

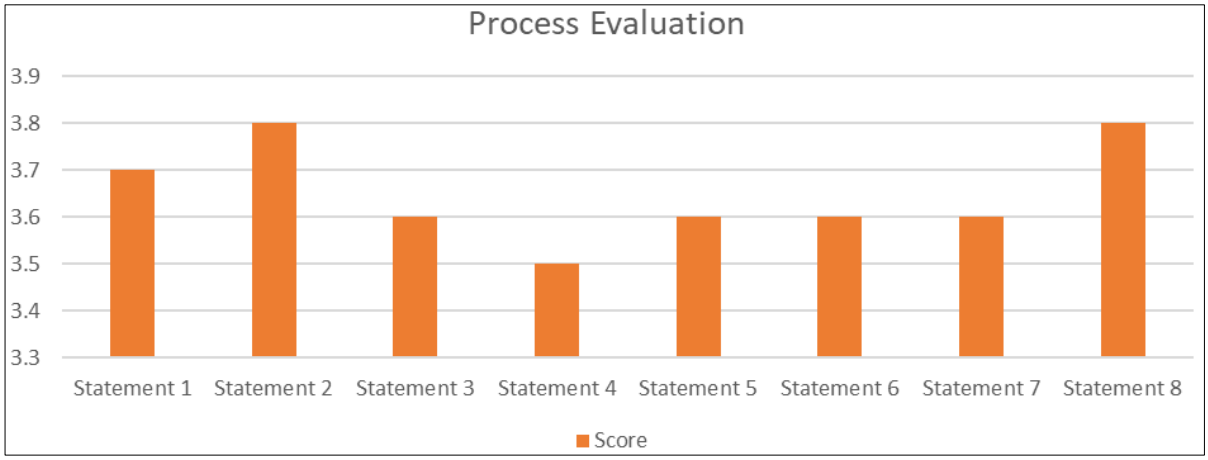

Fig 3: Process Evaluation Bar Chart

Based on the results of the study, it shows that the evaluation of the process of implementing the weight loss training program for obese members of the HSC UNY fitness center is in the Effective category related to the statements given. Process evaluation is related to the activities of implementing the program plan with the input that has been provided. This evaluation seeks to access the implementation of the plan to help program staff carry out activities and then help a wider user group assess the program and interpret the benefits (9). The results of the diagram analysis above show that statement 1 scored 3.70 with the Effective category, statement 2 scored 3.80 with the Very Effective category, statement 3 scored 3.60 with the Effective category, statement 4 scored 3.50 with the Effective category, statement 5 scored 3.60 with the Effective category, statement 6 scored 3.60 with the Effective category, statement 7 scored 3.60 with the Effective category, and statement 8 scored 3.80 with the Very Effective category.

4. Product Evaluation

The results of the product evaluation questionnaire data analysis obtained a score of 3.70 with an effective category for statements that had been filled in by members, instructors, FOs, and HSC UNY fitness center managers, so that the data results can be seen in the table and bar chart below.

Table 4: Product Evaluation Results

No	Statement	Score	Category
1	Members must follow the training to the maximum	3,60	Effective
2	During the exercise program, body weight becomes controlled.	3,90	Very Effective
3	The exercise program applied can reduce weight	3,60	Effective
Total Product		3,70	Effective

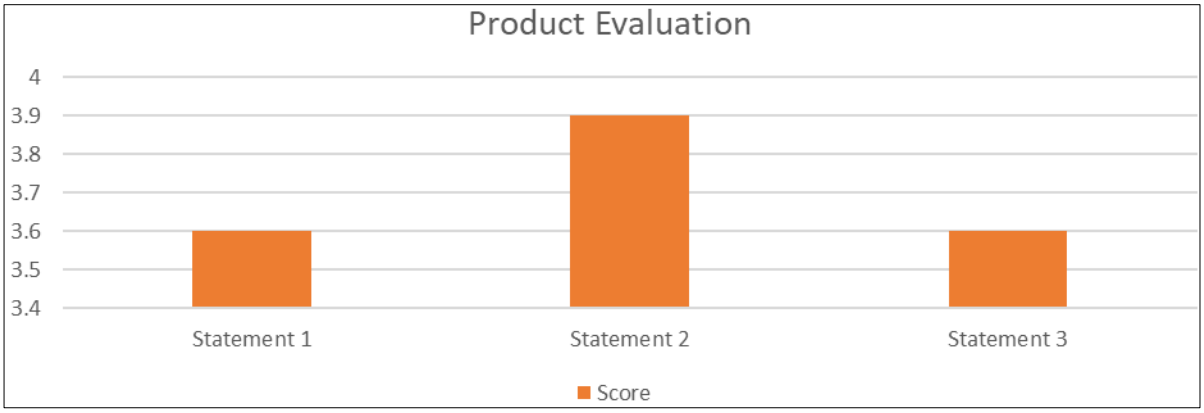

Fig 4: Product Evaluation Bar Chart

From the results of the data analysis on the product evaluation, the results obtained with a total product score of 3.70 are included in the effective category for all statements that have been filled in by members, instructors, FOs, and managers. With the results obtained, it can be concluded that in the product evaluation of the implementation of the weight loss training program for obese members of the HSC UNY fitness center, it is already in the good category. The results of the diagram analysis above show that the product evaluation with statement 1 obtained a score of 3.60 with the Effective category, statement 2 obtained 3.90 for the very Effective category, and the last statement 3 with a score of 3.60 obtained the Effective category.

Discussion

Context Evaluation

Context Evaluation is a preliminary evaluation with the aim of collecting and analyzing needs assessment data to determine goals, priorities and targets. It can be concluded that the context evaluation in this study is to determine a management policy for implementing an exercise program, especially in a weight loss exercise program based on the program background, program goals, and coaching program [10].

Coaching is a form of guidance and direction efforts aimed at achieving maximum results. Some activities that are a measure of the success of coaching in order to get better results include planning, organizing, financing, coordination, implementation, supervision and evaluation [11]. The exercise program run by an obese member has the goal of losing weight and increasing physical fitness. The program must be carefully designed to minimize poor results and injuries to members.

In context evaluation, the evaluator assesses the background of the program, the objectives of the training program, the desired training targets, and the training benchmarks. Another opinion says that context evaluation is to answer the question: what needs to be done? This evaluation identifies and assesses the needs that underlie the preparation of a program [12].

The implementation of a weight loss training program is needed in an effort to maximize all potential and resources in order to obtain maximum results. The success of the training program will be greatly determined by factors such as the motivation and willingness of members in training, professional instructors, and supporting facilities and infrastructure according to standards.

The explanation above is reinforced by a study conducted by [13] entitled "Implementation of the CIPP Evaluation Model in Evaluating Integrative Holistic PAUD Service Programs". The study explains that context evaluation is a needs assessment. The main question in this component is "what is needed?". In this study, context evaluation is used to determine how a training program is created.

From the overall results of the background indicators of the training program, the objectives of the training program, and the coaching of the training program, the results were 3.60 including Effective planning of the weight loss program. In the interview results, members said that the HSC UNY fitness center training program, especially the weight loss training program, had been running well. Members also informed that in addition to losing weight, it could also make our bodies fitter. The training program was also made by the instructor to members for 2 weeks. Movements have been arranged and explained. For the training program between women and men, the type of training is not differentiated. What differentiates is the intensity of the training.

From the results of the instructor interview, it was stated that the HSC UNY fitness center training program had been running well, the effects could be seen, there was already visible progress, for the flow, the first member would do a body composition measurement test using other parameters, after that a program would be made according to each member, for the difference in training programs between women and men, it is not that different because the instructor will provide the basics of the program for that, almost all of them are the same, besides that there are many factors that influence depending on each individual.

From the interview results with the HSC UNY fitness center manager, it was said that the training program had been running well, because in the first fitness, an anthropometric check was carried out, after that a program was made according to the anthropometric results, the training program was made by the instructor and then explained later after that usually the training was done by themselves, then if there were complaints, it was consulted with the instructor. For the program, it was almost the same, what differentiated it was the weight of the load, repetitions, rest, and so on.

Finally, from the interview results, the FO said more or less the same thing, that the fitness center training program had been running well, seen from the physical changes of members who came to fitness, for the training program to be made by the instructor and then conveyed to the members, and for the training program between women and men - not much different.

Every fitness center must have various types of exercise programs, one of which is a weight loss exercise program. The purpose of the exercise program is to produce the body goals desired by members, namely through the stages of the exercise program that has been created by the fitness center. It is further stated that the exercise program certainly has a target that must be achieved, namely regular monitoring to see the exercise target [14].

Based on these results, it shows that the purpose of implementing the exercise program, especially weight loss in obese members of the HSC UNY fitness center, has been running well and has a clear target in each exercise program. From these results, it can be recommended that the HSC UNY fitness center be recommended in the context component which includes the program background, program objectives, and program coaching to mutually form short-term and long-term programs so that members get maximum results.

Input Evaluation

Input Evaluation to obtain resources and steps needed to achieve external program identification and materials in information collection are in the dimensions. Input evaluation is carried out with the aim of being an assessment tool in terms of approach, plans to be implemented, and financing for ongoing group activities to achieve the stated goals [10]. In the research on evaluating the implementation of the HSC UNY member weight loss training program, the input aspect discusses the facilities and infrastructure owned by the HSC UNY fitness center.

Facilities and infrastructure. Facilities are anything that can be used as a tool to achieve goals and objectives. Infrastructure etymologically (meaning of the word) means an indirect tool to achieve goals. So, it can be concluded that facilities and infrastructure are tools directly or indirectly to support training programs in the fitness center in order to achieve the predetermined targets [15]. From the results of member interviews, the facilities and infrastructure at the HSC UNY fitness center have met the eligibility standards, and have used gym machines, the member registration process is not difficult, in addition to training equipment facilities, supporting facilities such as locker rooms, toilets, and bathrooms are also well met by the management of the HSC UNY fitness center.

The results of the instructor's interview stated that the facilities owned, namely Technogym, already have a good reputation internationally, for the member registration process there is nothing that complicates the registration process, besides that supporting facilities such as toilets, locker rooms, bathrooms, and helmet storage places, the member's needs in terms of facilities have been sufficiently met.

The manager said that the fitness center facilities and infrastructure have met the requirements, because technology is starting to develop, maybe HSC fitness needs to add some of the latest equipment, but for now it is ideal. There is nothing that makes it difficult to register to become a member, just come and register. Regarding the needs of members, they have been met starting from the locker room facilities and also a clean shower area, the availability of 2 toilets for men and women, and there is also a place to refill drinking water.

Finally, the results of the interview with the FO said that the facilities and infrastructure of this fitness center are very adequate, the facilities used are all technologically advanced, members who want to register for the HSC UNY fitness center do not have difficulty, just come and register, the needs of members here are also very well met such as clean bathrooms, clean toilets, comfortable locker rooms, and so on.

Facilities and infrastructure are all facilities that directly or indirectly help ensure that the targets of the training programs can run smoothly, regularly, effectively and efficiently. In supporting training program activities, support is needed in the form of facilities and infrastructure as well as funds in this case as a form of the process of running the training program activities [16]. The availability of fitness equipment facilities and infrastructure is something that cannot be ignored in a training program. With adequate facilities and infrastructure, the training program will have a greater chance of being able to run as expected, and vice versa if the training program facilities and infrastructure are lacking or inadequate, the training program cannot run optimally as expected.

Sports facilities are something that can be used and utilized in the implementation of sports activities. While infrastructure is everything that supports the implementation of a process (business or development). Basically, good facilities and infrastructure affect member motivation in improving and maximizing training. Weight loss targets are also influenced by the completeness of fitness facilities.

Professionalism of human resources greatly determines the training program; besides it is also determined by the support of facilities, policies, funds, and operationalization of fitness center management professionally. The success of the training program for members is the ethics of caring instructors to monitor the training. Every instructor must always be aware and understand the goals that members want to achieve and the ultimate goal of a training to achieve the target desired by the member.

Process Evaluation

Process evaluation aims to provide decision-making information on how well the program is being provided. By continuously monitoring the program, decision-making studies how well the implementation has been in accordance with the instructions and plans, conflicts arise, staff and moral support, material strengths and weaknesses, and budgeting problems. This process evaluation was conducted to determine the results of the process of implementing the weight loss training program at the HSC UNY fitness center based on the results of the questionnaire reviewed from the preparation of the program, implementation of the training program, and monitoring.

Implementation is an activity that is seen after there is a definite direction from a program that includes efforts to manage input, implementation is as actions taken by individuals or groups that are directed to achieve the goals outlined in policy decisions [17]. It can be concluded that the evaluation process contains the implementation of a program, be it in the government, community, organization or school environment, the results of which can be seen from the achievement of targets compared to the initial objectives, so that in the implementation of the process it is very possible that many things are technical in nature as an effort to achieve these goals.

From the results of member interviews, the obstacles that often arise during training are confusion about how to use

the tools, because the instructor only explains the tools listed in the training program, when members want to use new tools they are confused about how to use them, members practice using the set block training method with a duration of 1-3 hours of training with a training frequency of 3 times a week.

The results of the interview with the instructor also said that the obstacles often experienced by members were confusion on how to use the equipment, but the instructor was quick to tell members when they asked when confused about using the equipment at the HSC UNY fitness center. For the training method, it is usually a light intensity exercise, the duration is at least 30 minutes, more focus on cardio can be at the end or at the beginning, the exercise is done 3-4 times a week.

The results of the interview with the manager said that because the instructor is always alert to reduce the obstacles experienced during training, usually if there is a problem it is immediately discussed at the fitness center such as forgetting to use equipment. The method that usually uses circuit training with a training duration of more than 30 minutes, training is done 3-4 times per week. Motivation is very influential because with the motivation, those who were previously lazy to come to the fitness center are forced because there is a target to be achieved. The last interview result from the FO said that the obstacles often experienced by members are when using equipment, this is often seen when members are exercising, for the training method used, it is often seen using the many set method, the training duration is usually 60-120 minutes, training in a week can be 3-4 times. Process evaluation is an evaluation that is compiled and applied in the implementation of activity practices. Including identifying procedural problems, both incident management and activities. Every activity of changes that occur is monitored honestly and carefully.

Daily activity recording is important because it is useful for decision making in determining follow-up improvements. Process evaluation is carried out to study whether the program is in accordance with the plan.

Product Evaluation

Product evaluation is directed to find answers to the question: Was this program successfully implemented? This evaluation seeks to identify and find out the outputs and benefits, both planned and unplanned, both short and long term. In this study, this product evaluation was conducted to determine the results of weight loss obtained by members from the process during the exercise [18].

The weight loss program is intended for all members who are obese, every fitness center has a weight loss program because in 2016 based on the World Health Organization (WHO), the prevalence of obesity in the world was more than 1.9 billion adults aged 18 years and over with 39% men and 40% women experiencing obesity. Of that number, more than 650 million adults with 11% men and 15% women experiencing obesity [19]. The main goal of a weight loss program is to lose weight and reduce obesity rates.

The results of the member interview, the time used to lose 1 kg of weight that the member is currently experiencing is around 14 days, for monitoring the results of weight loss is done 1 month 2 times or 2 weeks 1 time. Product or output evaluation is related to the evaluation of the results achieved from a program.

The results of the instructor interview said that monitoring the results of weight loss should be done once a month because if you often weigh yourself, you are afraid it will affect the motivation of 76 members. Until now, many members have seen progress and almost all members who lose weight have good progress. Interviews with managers provide results that monitoring the results of weight loss is usually done by doing anthropometric tests again such as weight, height, chest circumference, arm circumference, hip circumference, hip circumference, thigh circumference, and finally calf circumference twice a month or once every 2 weeks.

The last interview result from FO said that after doing routine exercise for 1-2 months, members experience physical changes, usually members who exercise check or monitor their weight once every 2 weeks. Product evaluation is used to answer the achievement of the program, satisfaction with the implementation of the program, the time of achievement according to expectations, the positive and negative impacts of a program, and the continuation of the program. At the product evaluation stage, information is collected at the end of the program regarding the output, and the products obtained are compared with expectations. At the end of the program, the results of the product evaluation can provide a complete picture of the various achievements of the program.

The purpose of product evaluation is to measure and assist in further decisions, what has been achieved and what has been done after the program is running. Product evaluation is also often extended to assess long-term effects. Based on the results of the weight loss indicator of 3.70 in the effective category. In general, product evaluation consists of activities to determine the operational objectives of the program, the measurement criteria that have been achieved, comparing the reality of the field with the formulation of objectives, and compiling rational interpretations.

Conclusion

The results of the study showed that: 1) Evaluation of the context of the implementation of the weight loss exercise program for members of the Obesity fitness center HSC UNY was 3.60. From the results of the study, the context of the evaluation of the implementation of the weight loss exercise program for members of the Obesity fitness center HSC UNY on the background of the program, the objectives of the program, and the target of the program's success were quite optimal. 2) Evaluation of the input of the implementation of the weight loss exercise program for members of the Obesity fitness center HSC UNY was 3.68. From the results of the study, the input of facilities and infrastructure had met the eligibility standards. 3) Evaluation of the process of implementing the weight loss exercise program for members of the Obesity fitness center HSC UNY was 3.65. From the results of the study, the process of evaluating the implementation of the weight loss exercise program for members of the Obesity fitness center HSC UNY, the instructors were maximal in providing the exercise program. 4) Evaluation of the product of the implementation of the weight loss exercise program for members of the Obesity fitness center HSC UNY was 3.70. From the results of the study, the product evaluation of the implementation of the weight loss exercise program for members of the Obesity fitness center HSC UNY, it can be concluded that the members succeeded in losing weight.

The conclusion is that the Weight Loss Training Program for Obese Members of the HSC UNY Fitness Center is Effective.

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