

# The Influence of Pandemic Period on Physical Fitness Coaching For Sailor Cadets in Boarding School Program.

- **Author(s):** Irwan ,Tri Joko Raharjo ,Martono ,Wirawan Sumbodo
- **Abstract:** The Covid 19 pandemic has an influence / impact on the implementation of the Shipping Education learning process within the Ministry of Transportation. The Covid 19 pandemic has encouraged Shipping Education Managers to make innovations and breakthroughs in Information Technology (IT) based learning. Especially for the safety of cadets, it is still carried out in the form of the physical presence of shipping cadets by strictly implementing the Health Protocols. As for other types of character education, namely mental coaching and mental strengthening of cadets carried out through online / online learning.
- **Keywords:** pandemic, Health Protocols, mental strengthening