

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

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MITA SHINTYA DEWI

**GAMBARAN STATUS GIZI DAN TINGKAT KEBUGARAN JASMANI
ATLET TAEKWONDO RIAU**

xii + 38 Halaman + 5 Tabel + 1 Gambar + 4 Lampiran

ABSTRAK

Status gizi yang baik diperlukan untuk mempertahankan derajat kebugaran dan kesehatan, serta menunjang pembinaan prestasi atlet. Faktor-faktor yang berpengaruh terhadap prestasi atlet bisa terjadi baik secara langsung maupun tidak langsung seperti faktor fisik (usia, berat dan tinggi badan) dan kebugaran jasmani. Tujuan dari penelitian ini adalah untuk mengetahui gambaran status gizi dan tingkat kebugaran jasmani atlet taekwondo Riau.

Jenis penelitian ini adalah deskriptif yang menggunakan penelitian *cross sectional study* dengan teknik pengambilan sampel menggunakan *total sampling*. Jumlah populasi pada penelitian ini adalah atlet taekwondo dengan jumlah sebanyak 20 atlet dan total sampel sebanyak 20 atlet. Penelitian ini dilakukan di GOR Eagle Taekwondo pada tanggal 11 April 2020.

Hasil penelitian menunjukkan status gizi responden kurus sebanyak 20%, status gizi normal sebanyak 70%, dan status gizi gemuk sebanyak 10%. kebugaran jasmani responden terlatih sebanyak 10%, kebugaran jasmani baik sekali sebanyak 20%, kebugaran jasmani baik sebanyak 35%, kebugaran jasmani sedang 15%, dan kebugaran jasmani kurang sebanyak 20%.

Daftar pustaka : 15 (1992-2020)

Kata Kunci : Status Gizi, Kebugaran Jasmani

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
POLYTECHNIC OF HEALTH, MINISTRY OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

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MITA SHINTYA DEWI

**DESCRIPTION OF NUTRITIONAL STATUS AND LEVEL OF PHYSICAL
FITNESS TAEKWONDO RIAU ATHLETES**

xii+ 38 Pages + 5 Tables + 1 Picture + 4 Appendices

ABSTRACT

Good nutritional status is needed to maintain the degree of fitness and health, as well as support the development of athlete achievement. Factors that affect athlete achievement can occur either directly or indirectly, such as physical factors (age, weight and height) and physical fitness. The purpose of this study was to describe the nutritional status and physical fitness level of Riau Taekwondo athletes.

This type of research is descriptive using a cross sectional study with a sampling technique using total sampling. The total population in this study were taekwondo athletes with a total of 20 athletes and a total sample of 20 athletes. This research was conducted at GOR Eagle Taekwondo on April 11, 2020.

The results showed that the nutritional status of respondents was thin as much as 20%, normal nutritional status as much as 70%, and nutritional status fat as much as 10%. Physical fitness of trained respondents is 10%, very good physical fitness is 20%, good physical fitness is 35%, moderate physical fitness is 15%, and physical fitness is less than 20%.

Bibliography : 15 (1992-2020)

Keyword : Nutritional status, Physical fitness