

# **NUTRITION EDUCATION FOR SHADOW TEAM ATHLETES PORDA BANTUL IN 2021**

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## **ABSTRACT**

This Community Service aims to: (1) Increase the knowledge of the athletes of the PORDA Bantul shadow team in the volleyball sport on nutrition, (2) Increase the willingness of the athletes of the PORDA Bantul shadow team in the volleyball sport to consume the right foods and according to the body's needs. (3) Providing supplies to the athletes of the Bantul PORDA shadow team in volleyball related to food before the match, then during the match and after the match is finished

This community service targets athletes from the PORDA Bantul shadow team in the volleyball sport who come from the BAJA 78 volleyball club in Bantul. This community service involved 15 athletes from the BAJA 78 Bantul volleyball team from the Bantul PORDA volleyball team. Activities in the form of: Providing counseling related to the fulfillment of nutritional intake in the form of food and drinks for the athletes of the shadow team PORDA Bantul volleyball sport originating from the BAJA 78 volleyball club as well as being knowledge material for coaches to improve the achievements of their athletes.

The implementation of this petanque sports training received good appreciation from the participants. It can be said that because during the process of the activity, the participants were active in participating in the activity, then the second, many questions emerged from the participants.

Kata Kunci: *nutrition, athlete*