

Nutrition Management Training for Sports Trainers in Yogyakarta City

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ABSTRACT

The PPM activity "Nutrition Management Training for Sports Trainers in Yogyakarta City" was held in addition to providing knowledge and skills for coaches in calculating athletic calorie needs, as well as knowledge and skills for trainers in educating athletes about the importance of nutritional intake, increasing and decreasing body weight. to be ideal or as expected, make nutritional planning for athletes, maintain hydration status, and compose food for athletes.

The PPM activity "Nutrition Management Training for Sports Branch Trainers in Yogyakarta City" was carried out in the form of socialization in theory and practice. The theory is given by the method of lectures, discussions and questions and answers. Practical material is given by planning a simple nutritional intake menu for athletes according to the task given by the resource person.

The PPM activity "Nutrition Management Training for Sports Branch Trainers in Yogyakarta City" was carried out well according to plan and was attended by 29 sports trainers who took part in the Yogyakarta City Center for Training 2020. We hope as the PPM FIK UNY Team to organize more activities like this to increase knowledge. HR for the advancement of sports in DIY.

Kata Kunci: Keywords: PPM, Nutrition Management Training, Yogyakarta City Athletes