

NUTRITION MANAGEMENT AND DOPING PREVENTION TRAINING ON DIY PUSLADA TRAINERS AND ATHLETES

by Rachmah Laksmi Ambardini, Wara Kushartanti, Novita Intan Arovah, Rina Yuniana, Atikah Rahayu

ABSTRACT

In preparing for the XX National Sports Week (PON), in Papua 2021, KONI DIY held a Regional Training Center (PUSLATDA) to achieve the medal target of 12 gold, 17 silver and 24 bronze. So far there are still limited knowledge of athletes, officials and coaches related to sports nutrition regulation and doping prevention. Therefore, this PPM aims to improve the knowledge and skills of DIY Puslatda coaches and athletes to optimize nutrition management and doping prevention in an effort to support athlete performance. This PPM activity uses a training method with a lecture and discussion approach. The target audience of PPM is the coaches and athletes of the DIY PUSLATDA. The results of PPM activities from the process aspect were considered successful. This can be seen from the presence of 41 coaches from 24 sports and all participants actively participate during PPM activities. From the product aspect, which includes knowledge and skills about doping and nutrition, the level of knowledge is in the medium category. While the skills are in the good category. In general, the target audience stated that the training was very useful, especially in increasing understanding about nutrition and doping.

Kata Kunci: *Nutrition, doping, athletes*