

Nutrition Soscialization in Parents of DIY 2019 Training Cantre Atlet

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ABSTRACT

Abstract

This PPM activity "Nutrition Information for Parents of DIY PUSLATDA 2019 Athletes" was held in addition to providing knowledge and skills for parents of alllets in calculating athletes' calorie needs, as well as knowledge and skills for parents in educating family members, especially athletes about the importance of nutritional intake , increase the weight of family members to be ideal or as expected, plan nutrition for family members, maintain the status of family members hydration, and compose food for family members, especially their athletes.

The PPM activity "Nutrition Information Session for Parents of DIY 2019 PUSLATDA Athletes" was carried out in the form of socialization in theory and practice. Theory is given by lecture method, discussion and question and answer. Practice material is given with the game of planning a menu of simple nutritional intake for athletes according to the assignment given by the speaker, for example participants are asked to make a menu to increase mass and muscle strength or are asked to make a menu to accelerate healing. The speakers at this PPM are Dr. Mirza Hapsari Sakti Titits Penggalih, S.Gz, RD, M.PH from the Health Nutrition Department of the UGM Faculty of Medicine.

This PPM activity "Nutrition Information Session for Parents of DIY PUSLATDA 2019 Athletes" was carried out well according to plan and was attended by 23 parents of athletes from 7 sports who participated in the DIY PUSLATDA 2019. It is our hope as UNY FIK PPM Team to organize events like this to increase knowledge and skills and use of science and technology for the advancement of sports in DIY.

Kata Kunci: PPM, Nutrition Information Session, Parents of DIY PUSLATDA 2019 Athletes