

PENYULUHAN PENTINGNYA ASUPAN GIZI BAGI TAEKWONDOIN YANG MASUK PEMBINAAN ATLET BERBAKAT DAERAH ISTIMEWA YOGYAKARTA 2016

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ABSTRACT

The objective of the PPM in general is doing Extension Importance of Nutrition Intake For taekwondoin Logged Talented Athlete Development Special Region of Yogyakarta, 2016. The specific objectives are: (1) Increasing knowledge about nutrition in older people taekwondo athlete PAB 2016, and (2) Giving knowledge to parents of athletes the importance of nutrition and meal planning meals in one workout

The results of the activities are as follows: (1) The activities take place smoothly without experiencing significant barriers; and (2) Enthusiastic participants who seriously follow Extension Importance of Nutrition Intake For taekwondoin Logged Talented Athlete Development Special Region of Yogyakarta, 2016. As a suggestion for action, is the follow-up of activities Extension Importance of Nutrition Intake For taekwondoin Logged Talented Athlete Development Special Region Yogyakarta in 2016 by organizing counseling / advanced workshop related to the involvement of parents towards increasing the athlete's performance.

Kata Kunci: *Nutrition, taekwondoin, PAB*