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**RELATIONSHIP STATUS NUTRITION, NUTRITION INTAKE OF
MACRO AND PHYSICAL ACTIVITY, THE LEVEL OF PHYSICAL
FITNESS COMMUNITY ON THE *PUMP IT UP* (PIU) KOTA JAKARTA**

xv + 107 pages, 20 tables, 3 picture

ABSTRACT

BACKGROUND: Pump It Up is a game that can be categorized as a sport that requires a good level of physical fitness. To support the fitness, it must consider several factors such as nutritional status, macro-nutrient intake, and physical activity.

OBJECTIVE: To determine the relationship of nutritional status, nutrient intake, and physical activity level of physical fitness to the community members pump it up (piu) in Jakarta in 2017.

METHODS: The data used primary data by cross sectional approach. Samples are 16 community members RDC (Rebirth Dancing Comunity). Data genders and ages obtained through interviews, intake of energy and nutrients using methods recall 2x24 hours, physical activity using the PAL, percent body fat obtained from measurements by means of BIA and the data IMT obtained through the assessment of weight (kg) / TB² (m). Physical fitness data using the Harvard Test. Statistical testing using non-parametric statistical tests Spearman test.

RESULTS : Characteristics of respondents 20-25 years of age rang comprises 13 men and 3 women. The average physical fitness score (85.75). From the calculation of BMI and percent body fat of all respondents almost normal. The average physical activity in middle category (62.5%), energy intake (1995 ± 152.13), KH intake (235 ± 13.56), protein (51 ± 10.22), fat intake (94 ± 10.19). There is a significant relationship between BMI, percent body fat, fat intake and physical activity on physical fitness (p-value <0.05). There is no significant relationship between the intake of energy, protein and carbohydrates to physical fitness

CONCLUSION: Most of the level of physical Fitness community member RDC Jakarta is good but would be better if followed by repairing and optimizing the intake of fat, especially regular physical activity.

Keywords : Physical Fitness, BMI, Persen Body Fat, Nutrient Intake of Macro, Physical Activity

Read List : 65 (1999-2015)