ABSTRACT

Tittle : The Effectiveness of the Training Program and Nutrition Education on Nutritional Status, Energy,Macro Nutrient Intake and Fluid Intake at Duadua Studio Fitness Center Participants
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Study program : Science of Nutrition

XII, VI Chapter, 78 Pages, 15 Tables, 5 Pictures, 7 Attachments

Background: Training programs that are not accompanied by knowledge and good nutrition can cause the exercise program to be ineffective in controlling nutritional status.
Objective: To determine the effect of training and nutrition education programs on nutritional status, energy intake, macro nutrients and fluids for participants in the DUADUA Studio Depok fitness center
Method: This study is a *Quasy Experimental* method using the one group pre test and post test design method. Data collection was done by anthropometric measurement, PURI test and 2x24 hour food recall. A total of 34 members took part in a training and nutrition education program for 9 weeks and were measured five times over 9 weeks.
Results: The results showed that there was a decrease in Body Mass Index (BMI) as big as 0,41 kg/m^2 and an improve in Hydration Status with PURI and there was a significant effect of interventions on BMI and hydration status (p value <0.05). Nutritional intake has increased (Energy = 334.09kcal, Protein = 10.8 g , Fat = 3.5 g, Carbohydrate = 66.02 g, Fluid = 113 ml) and there is a significant effect of giving intervention to nutritional intake (p value ≤0.05) except fat intake (p value> 0.05), there was no significant effect of giving intervention to fat intake.
Conclusion: Giving an exercise program and nutritional education for 9 weeks had a significant effect on improving nutritional status, and increasing energy intake, macro nutrients (protein and carbohydrates) and fluid intake, and not significantly increasing fat intake.

Keywords: exercise program, nutrition education, nutritional status, energy intake and macro nutrients and fluids
References: 49 (2000-2017)