



ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITION SCIENCE PROGRAM
UNDERGRADUATE THESIS, JANUARI 2015
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RELATION NUTRITION INTAKE, NUTRITIONAL STATUS, PHYSICAL ACTIVITY,
AND LIFESTYLE TO CARDIORESPIRATORY ENDURANCE AT FOOTBALL
STUDENT ORGANIZATION LAMPUNG UNIVERSITY 2015

xiv+143 pages, 33 tables, 13 graphs, 4 pictures

ABSTRACT

BACKGROUND: Football is a sport that requires a good cardio respiratory endurance. To support cardio respiratory endurance, it should consider several factors such as: age, sex, nutrition, nutritional status, physical activity habits of smoking and drinking alcohol. **OBJECTIVE:** To determine the relationship of nutrient intake, nutritional status, physical activity and lifestyle to cardiorespiratory endurance at football student organization Lampung University 2015.

METHODS: This study is a quantitative cross-sectional design. Sampling using saturated sampling and sample size is 48 Football Student Organization. Data were analyzed using Pearson product moment and independent t-test.

RESULTS: Characteristics of respondents aged 18-23 years. The average value of $VO_2\text{max}$ student football organization Lampung University 47.40 ml / kg / min. Survey results revealed a normal BMI (79.2%), percent body fat normal (77.1%). Average energy intake of Football Student Organization 1921.7 ± 372.08 kcal, $13:02 \pm 68.32$ g protein, fat 11.3 ± 32.87 g, 266.6 ± 54.4 g carbohydrates, vitamin B6 0.41 ± 1.1 mg, vitamin B12 is 4.8 ± 7.04 µg, vitamin C 29.5 ± 2.1 mg, and 2.1 ± 2.7 mg Fe. Total of 43.8% of students smoked and 87.5% of students not consume alcohol. There is a significant relation between percent body fat, intake of energy intake, protein, fat, carbohydrate, vitamin B6, Fe, and smoking habits and alcohol consumption. There is no significant relations between BMI, vitamin B12, vitamin C, and physical activity ($p > 0.05$).

CONCLUSION: The role of nutrition is very important to supporting the cardiorespiratory endurance, especially in the field of sports. It was necessary to counseling and nutritional counseling to increase knowledge for coaches and student-related Football sports nutrition.

Keywords: cardiorespiratory endurance, nutrition intake, nutritional status, physical activity, smoking, alcohol consumption

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