



ABSTRACT

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**RELATION CARBOHYDRATE, PROTEIN, FAT, IRON INTAKE AND
HEMOGLOBIN LEVEL TO ATHLETE'S ENDURANCE AGED 13-16 IN
UNI SOCCER SCHOOL BANDUNG 2015**

xv, VI Chapter, 113 Page, 22 Table, 5 Image, 6 Attachment

Background: *Endurance is one of the most important factors in soccer. Endurance is affected by gender, genetic, frequency and intensity exercise, dietary intake and hemoglobin level.*

Objective: *The purpose of this study was to know the relation carbohydrate, protein, fat, iron intake and hemoglobin level to athlete's endurance aged 13-16 in UNI soccer school Bandung.*

Method: *68 soccer athletes aged 13-16 were observed with cross sectional design. Dietary information was obtained from food recall 24 hour in exercise and not exercise day. Hemoglobin level was measured by cyanmethaemoglobin and endurance was measured by bleep test. Regression linear test were used for analysis.*

Result: *There were significant correlation carbohydrate intake and endurance ($r=0,297$; $p<0,05$). There were significant correlation fat intake and endurance ($r=0,276$; $p<0,05$). There were significant correlation protein intake and ($r=0,356$; $p<0,05$). There were no significant correlation iron intake and endurance ($r=0,127$; $p\geq 0,05$). There were no significant correlation hemoglobin level and endurance ($r=0,094$; $p\geq 0,05$).*

Conclusion: *Increasing carbohydrate, fat, protein and iron intake support exercise program to improve endurance.*

Keyword: *Carbohydrate Intake, Fat Intake, Protein Intake, Iron Intake, Hemoglobin Level, Endurance.*

Reading source : *42 (1984 – 2014)*