

ORAL FP S7-07

## **Energy Intake As Dominant Factor To Fitness Level Among Rugby Athletes At Universitas Negeri Jakarta**

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### **Background & Aim**

Rugby is a sport that requires good cardiorespiratory endurance. Intake of nutrients and physical activity are a few factors that can support fitness. Consuming adequate intake of nutrients can be an energy reserve so there will be no significant fatigue during daily tasks and low physical activity is one factor that can decrease the resistance of cardio respiratory.

### **Methods**

This research used a quantitative research design with cross sectional study design. Population in this research is all university students KOP Rugby University of Jakarta with sample counted 25 respondents. Data analysis in this study used Pearson and Spearman test for bivariate test and Analysis Regression for multivariate test.

### **Results**

The results from multivariate analysis showed that there is a relation between energy intake ( $p=0.0001$ ,  $r=0.702$ ), protein intake ( $p=0.001$ ,  $r=0.644$ ), lipid intake ( $p=0.0001$ ,  $r=0.656$ ), carbohydrate intake ( $p=0.001$ ,  $r=0.613$ ) with university student KOP rugby fitness.

### **Keywords**

energy intake, fitness, macro nutrients intake, physical activity