

A REVIEW NUTRITION INTAKE BEFORE COMPETITION AND FACTORS INFLUENCING WOMEN'S SWIMMING ATHLETES IN SWIMMING CLUB PADANG

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Abstract: Target of research to know Nutrient Supplement before contest and factor influencing at atlet swim Women'S Swimming Club Padang. This Research descriptive research by using primary data and sekunder. Population in this research is atlet swim Women'S Swimming Club Padang amounting to 10 people. Intake of sampel conducted with total technique of sampling amounting to 10 people. To get research data used by IMT tes and use enquette. Data analysed by using technique analyse descriptive statistical which use frequency. Result of statue analysis of nutrient atlet swim Women"S Swimming Club Padang owning body weight less counted 5 people (50%), normal body weight counted 4 people (40%), and body overweight 1 people (10%). As for influencing status of Nutrient most education of men old fellow 80% and woman old fellow 70% graduation of SMA / SMK, most work of father 80% as woman old fellow and entrepreneur 80% as housewife, earnings of father equal to 50% counted 2 million - 2.5 million and mother counted 30% counted 3 million, knowledge of and food of Nutrient have category is and good counted 40%, most food consumption have international class 989-1248 counted 30%, energy go out to through activity counted 30% owning international class 2513-2992, while Nutrient Supplementinfluence status of Nutrient other depict habit eat not regular atlet and lack of knowledge of Nutrient-Based on to result of research can be concluded that status of Nutrient atlet swim Women'S Swimming Club Field 50% owning heavy category of body less and factors influencing status of Nutrient have category of Nutrient low.

Keyword: Statue of Nutrient , Nutrient suplement

INTRODUCTION

One of The popular athletic branch enough and applied in social activities in fatherland is athletic branch of swim. Indonesia develop swim athletics utilize to reach achievement athletics, athletic of recreation athletics and education. Construction of swim athletics have to be developed to through construction and seed which organiz and structure. Construction system have to start from smallest bevy is till constructed to through the official member of branch of PRSI. In order to improving athletic contribution as one of the effort to increase the quality of human resource, hence activity of done athletics do not only socializing society athletics and athletics but rather from that is to reach maximal achievement in an athletic branch.

Development of achievement athletics very needed once in attainment of health of optimal society and make-up of quality of society. This matter as according to Law System Sportmanship of National of No. 3 year 2005 fourth shares section 27 article 4 about Construction and Development of Athletics Achievement, that is: "Construction and development of achievement athletics executed by is powered of bevy of athletics, growing to develop sentra construction of athletics having the character of National and area, and also carry out competition by have ladder and continuation".

West Sumatra represent one of the Provinsi developing swim athletics utilize to reach achievement. Many club giving construction to create swim atlet which have potency to advocate Sub-Province area / town till National, Regional and International specially in Town Field. According to Sajoto (1995:2) determinant attainment of prima achievement of atlet in athletic branch that is 1) aspect of Biologis cover the condition of physical, body organ function, body structure and postur and also Nutrient 2) Psychological aspect cover intellectually, motivation, personality, coordination work nerve and muscle 3) Environmental aspect cover

social, facilities and basic facilities, weather / family and climate 4) Supporter aspect cover coach, practice program, appreciation, orderly athletic organization and fund.

At athletic branch of swim gift of food with vitamin of Nutrient which enough very is influencing of achievement of atlet. A atlet which consuming food with well-balanced Nutrient by planned and program will reside in at status of Nutrient optimal and can maintain achievement primarly. status of Nutrient optimal happened if body obtain;get enough Iihat vitamin of Nutrient used efficiently so that enable growth of physical, growth of brain, ability of health and activity in general.

. Situation of good health can reach with accomplishment of well-balanced Nutrient matching with requirement of Iihat vitamin of Nutrient atlet. Concerning Iihat vitamin of Nutrient hand in glove of its bearing with food and beverage, because in a food there are vitamins of Nutrient which is very needed by body. According to Depkes RI (1995) well-balanced Nutrient represent vitamin which consist of carbohydrate, fat, protein, vitamin, mineral, fibre and water in this Nutrient mean many there are at]food. Therefore consume food to a atlet shall earn serious attention, by mistake arrangement of food at atlet can harm appearance of them. Good Food for atlet is well-balanced food (diet balanced) that is food in compilation do not only adapted for requirement of energi in just calorie, but have to be paid attention also vitamin composition of Nutrient other. According to Husaini in Depkes RI (1995) food determine appearance of atlet in so many matter. At elementary practice storey;level, good Nutrient play important role in maintaining optimal health which make atlet can exercise and have competition to better also.

Padang Town have many constructed to swim club start from beginner storey;level till become atlet have achievement. One of the swim klub which there are inPadang Town is Women'S Swimming Club Field which have address to Road;Street Batang Kampar Padang, precisely in Stadium Swim Lotus of Gor Agus Salim Field. As for event-event which have been followed by Women'S Swimming Club Padang start from National storey; level until International. Championships of National which have been followed by atlet swim the following Women'S Swimming Club Padang: Championship Of Area of Se West Sumatra, PORDA (Week of Athletics Area) each;every 2 year once, KRAPSU (Championship Of Swim Between Bevy of West Sumatra) every year in October, KRAPSI (Championship Of Swim Between Bevy of Indonesia) every year in September, INVITASI Swim Indonesia before POUND (Week of Athletics National) each;every 4 year once, KEJURNAS (Championship Of National Group Age) every year in May, and POUND (Week Of Athletics National). While International championships which have been followed by atlet swim the following Women'S Swimming Club Field: ITS it SAMAKKI (Championship Of Swim Between Bevy of ASEAN) every year, ASEAN Age Group every year, SEA GAMETE, Championship Of Asian Swim (Asian Swimming Competition).

Practically ability of atlet swim inPadang Town, not yet plucked result of which either from each;every contest which have been followed by goodness a] area storey;level, National, Regional and also is International. Based on to observation early can be seen that status of Nutrient and or atlet Nutrient Supplementswim Women'S Swimming Club Padang less is paid attention. Because most atlet have less thin or body weight. This to possible make got achievement disagrees with what expected. There are some factor influencing like food and Nutrient, motivation, practice program, coach, facilities and basic facilities, environmental and also and family. But with combination which either from talent and also practice technique and best coach, uneven and ineligible food of course will not yield optimal achievement. From some fact and factor influencing achievement of atlet swim inPadang Town, writer interest to do research at scope Evaluate Nutrient Supplement before Contest and Factor Influencing at Atlet Swim Women'S Swimming Club Padang.

Athletic of swim represent athletics with activity in water which direct other athletic branches. According to Dinata (2003:4) athletic branches which under wings of PRSI among others, athletic branch of swim, athletic branch hop to respect, athletic branch of waterpolo, athletic branch of beautiful swim and athletic branch of open territorial water swim. PRSI

founded in the year 1951 so that this organizational main is obliged to manage and develop fifthly of athletic branch above carefully.

Swim represent a different athletics of other athletics, that thing seen from place do it that is underwater. Swim athletics represent big athletics of its benefit, because if someone swim hence entire/all its body make a move active because entire/all body will get pressure of foot/feet and water and also his arms have to always make a move if not he/she will immerse in water. Athletic of swim evaluated from its benefit represent skill form which good for saving x'self, as achievement athletics and recreation. To reach high achievement is athletic area of swim is not a[n] easy work and quickly, but representing difficult matter and need sufficient time. Basically, atlet eorang agars can master athletics swim hence needed bydone practice process by repeatedly in range of time which relative.

According to Syafruddin (2011:75) athletic achievement represent result of reached maximal effort a atlet in the form of skill and ability finish good movement duties in activity of practice and also in contest by using rational and clear evaluation parameters. Achievement a atlet represent result of from passed to practice and construction is atlet through contest and practices which is program better and is directional. Attainment of achievement of atlet determined and influenced by many factor, marginally can be grouped to the two factor that is factor Eksternal and internal factor and Factor Eksternal.

Factor Eksternal is factor influencing achievement of atlet coming from outside x'self of atlet, or from outside potency had by atlet. factor of Eksternal which possible have an effect on to achievement of atlet for example, organization, Nutrient , weather and climate, facilities and basic facilities, environmental, audience, family and also coach with its practice program and others. While internal factor is factor coming from within x'self of atlet with all owned potency. Efficacy of achievement posed at or presented a atlet in a contest is especially determined and influenced by potency or ability of atlet itself inwroughtly, goodness ability of physical, technique, ability and tactics way of thinking it.

term of Nutrient come from Arab language that is " giza" meaning food vitamin, in English recognized with term of nutrition meaning vitamin or food-stuff of Nutrient or often interpreted as nutrition. According to Syafrizar and of Wilda Welis (2008:3) food is materials besides pregnant drug of Iihat vitamins of Nutrient and or elements / chemical bond able to be turned into Iihat vitamin of Nutrient by body, which good for if/when included into body. While food-stuff is food in a state of is raw. According to Djoko (2006:2) broaderly, Nutrient interpreted by as an organism process use consumed food normally through ingestion, absorbtion, transportation, depository, metabolism and expenditure of Iihat vitamin of Nutrient to maintain life, normal function and growth of body organ and also yield energy.

In obtaining optimal achievement, require to be compiled by planning of food expect, goodness short-range, long-range and also middle meter is later on formulated in program planning of food of atlet. Arrangement of food before contest very needed by a atlet, because various athletic branch have different contest time durasi, so also light weighing of contest him. As for for contest to certain period, sometime quickly tardy sometime (intermittent) like athletic branch of swim. system of Energi which share aliance among and aerobik of anaerobik.

Food before contest only sharing small in providing energi, but require to be given to obviate to feel fatigue and peckish so that achievement atlet can as optimal as possible. In fact there no special food able to boost up athletic achievement, but arrangement of pattern eat will have an effect on to appearance of atlet. For that, diet before contest require to be planned better during contest of atlet do not feel lacking of food. Give diet regularly and obviate heavy meal which is difficult to be digested.

Two till three hour before contest, atlet require to be provided by food with light menu, but is high of carbohydrate (better in the form of complex carbohydrate, because besides containing available carbohydrate also Iihat vitamin of Nutrient other like absorbent mineral and vitamin slowly). Stomach which is the full of food will bother moment performance contest. Despitefully, energi cannot be poured fully for external aktifitas because food metabolism of butuh separate energi (SDA: Specific Dinamic Action) for carbohydrate 6-7%,

fat 4-14% and protein 30-40%. Basically each;every inquiring atlet of food what best which must be eaten by before contest. Food before contest better consist of light food which have been recognized or habit consumed, because food have emotional meaning and have to be seen that by stress before contest will have an effect on to achievement of atlet. According to Almatsier (2009:13) food consumption by family or society base on the amount of food bought, way of cooking food, distribution in habit and family eat alone. This matter hinge also at earnings, religion, habit and education of pertinent society. status of Nutrient optimal can reach with consumption and usage of food which either by body.

METHOD

Based on to problems to be studied, hence this research have the character of descriptive which mean depict an situation, condition of, situation, event, activity and others this Place research executed by Stadium Swim Lotus H. Agus Salim which is have address to Jln. Batang Kampar Padang, while research time done in Mei-Juni 2013. Population in this research is the overall of atlet swim Women'S Swimming Club Padang amounting to 10 people. Considering the amount of small population relative, hence entire/all population amounting to 10 people made by sampel. Technique intake of sampel which used in this research is totalizeing sampling. Technique data collecting in this research is by propagating or enquette of kuesioner to get picture and information about Nutrient Suplementbefore factor and contest influencing at atlet swim Women'S Swimming Club Padang. Type Data in this research is primary data and data of sekunder. Primary data obtained through direct interview with responder and through kuesioner. Primary data cover responder characteristic data, data knowledge of Nutrient , heavy data of high data and body of body. data of Sekunder is got data of side of klub swim cover data of amount of atlet, practice schedule and public picture of research location. Data-Processing of anthropometri for the assessment of status of Nutrient can be done by that is seeing status of Nutrient by counting Index Mass Body (IMT) or of Body Mass Index (BMI), with formula:

$$IMT = \frac{\text{Weight (Kg)}}{\text{High(M)}^2}$$

Table 1. Classification Status of Nutrient .

Norma Status Gizi	Klasifikasi
IMT < 18.4	Under Weight
IMT 18.5 – 22.9	Normal
IMT > 23	Over Weight

RESULT

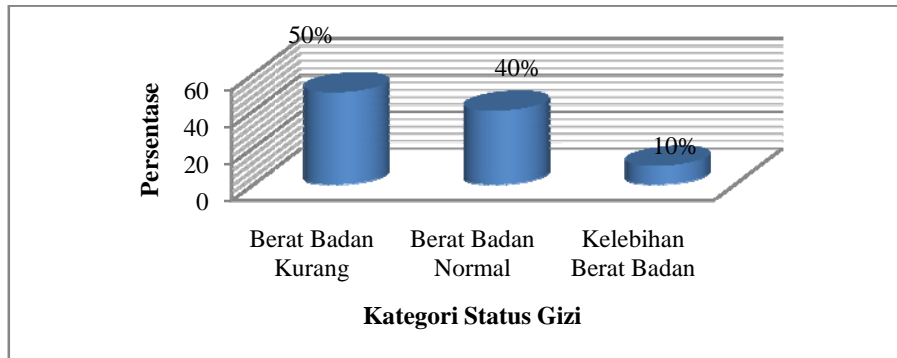
Conducted Analysis to got by data in field at this research is to know picture of Nutrient Suplementbefore factor and contest influencing at atlet swim Women'S Swimming Club Padang, after data collected through interview and by using enquette

Tables 2. Statue of Nutrient Responder

No	Kategori	Frekuensi	Persentase
1	Under Weight	5 orang	50 %
2	Normal	4 orang	40 %
3	Over Weight	1 orang	10 %
Jumlah		10 orang	100%

Based on to tables of above, hence can be elaborated that from 10 responder people, owning status of Nutrient heavy of body less counted 5 people (50%), normal body weight counted 4

people (40%), and body overweight 1 people (10%). To be more status picture sharpness of Nutrient the can be seen by histogram 1 following:

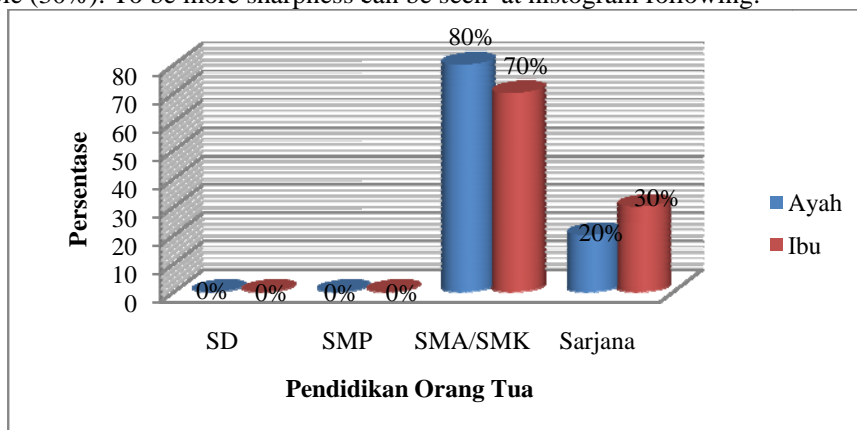


Picture 1. Statue of Nutrient Responder.

Tables 3. Distribution Education of Old Fellow Responder Parents education Respenden

No	Education Parents	Father		Mother	
		Frequency	Percentage	Frequency	Percentage
1	SD	0	0	0	0
2	SMP	0	0	0	0
3	SMA/SMK	8	80	7	70
4	Sarjana	2	20	3	30
Jumlah		10	100	10	100

Based on to tables of above, can be elaborated that most men old fellow of responder nothing that finish of SD, nothing that finish of SMA / smk, finish of SMP 8 people (80%) and Master finish 2 people (20%). Hereinafter most woman old fellow of responder nothing that finish of SD, nothing that finish of SMP, finish of SMA / SMK 7 people (70%) and Master finish 3 people (30%). To be more sharpness can be seen at histogram following:

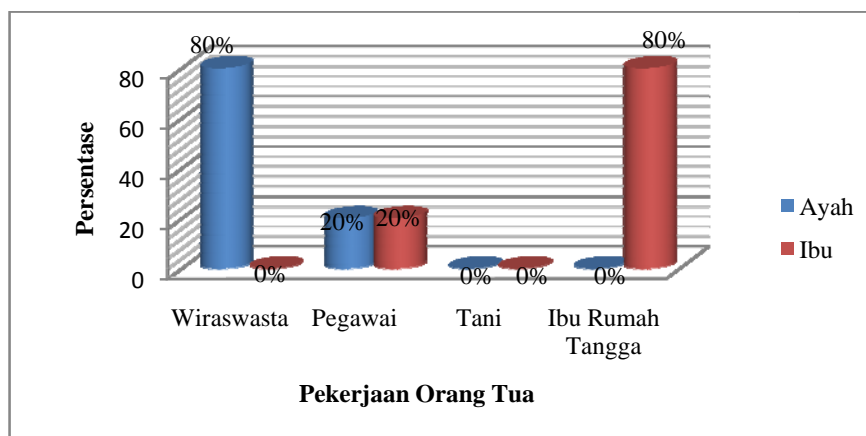


picture 2. Distribution Education of Old Fellow Responder.

Tabel 4. Distribution parents work Responden

No	Parents	Father		Mother	
		Frequency	Percentage	Frequency	Percentage
1	Entrepreneur	8	80	0	0
2	Employee	2	20	2	20
3	Farmer	0	0	0	0
4	Housewife	0	0	8	80
Jumlah		10	100	10	100

Based on to tables above, can be elaborated that work of men old fellow of reponden most enterpreneur counted 8 people (80%), Officer counted 2 people (20%) and there is no as Farmer. Hereinafter most work of woman old fellow of responder is there no as enterpreneur, Officer counted 2 people (20%), there no as Farmer and Housewife counted 8 people (80%). To be more sharpness can be seen by histogram following:

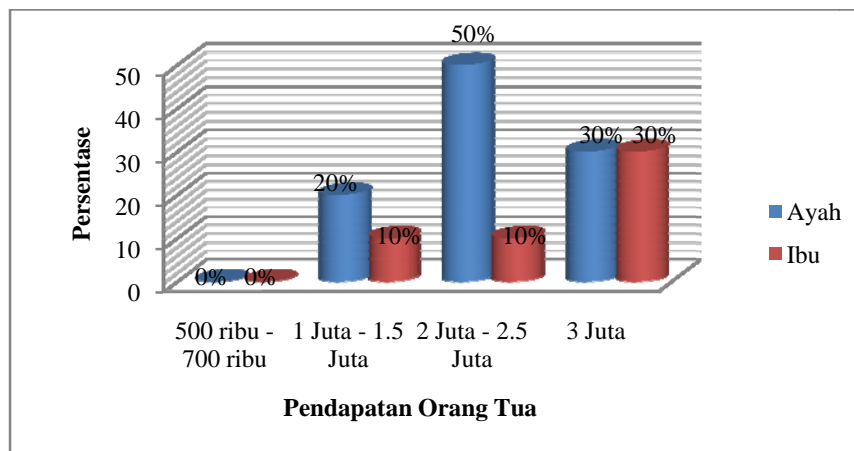


Picture 3. Distribution Work of Old Fellow Responder

Tabel 5. Distrubution parents income of responden

No	Parents Education	Father		Mother	
		Frequency	Percentage	Frequency	Percentage
1	500 ribu - 700 ribu	0	0	0	0
2	1 Juta - 1.5 Juta	2	20	1	10
3	2 Juta - 2.5 Juta	5	50	1	10
4	3 Juta	3	30	3	30
Jumlah		10	100	5	50

Based on to tables of above, can be elaborated that earnings of responder men old fellow most earnings 500 thousand - 700 thousand, 1 million - 1.5 million counted 2 people (20%), earnings 2 million - 2.5 million counted 5 people (50%) and earnings 3 million counted 3 people (30%). Hereinafter old fellow woman of responder most [there] no earnings 500 thousand - 700 thousand, 1 million - 1.5 million counted 1 people (10%), earnings 2 million - 2.5 million counted 1 people (10%) and earnings 3 million counted 3 people (30%). To be more sharpness can be seen by histogram following:

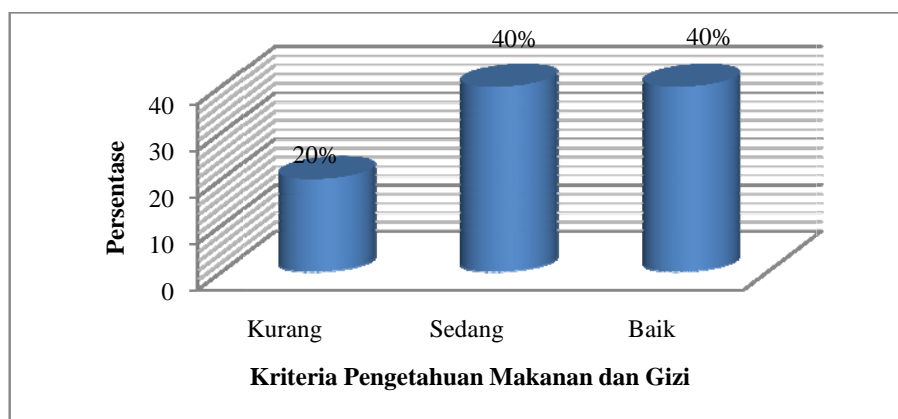


Picture 4. Distribution Earnings of Old Fellow Responder.

Tables 6. Distribution Knowledge of Food and of Nutrient .

No	Nutrition criteria	Frequency	Percentage
1	Lack	2	20
2	Middle	4	40
3	Good	4	40
Jumlah		10	100

Based on to tables of above, can be elaborated that from 10 responder people, most having knowledge of and food of Nutrient which is that is counted 2 people (20%), knowledge of and food of Nutrient good counted 4 people (40%) and knowledge of and food of Nutrient less counted 4 people (40%). Clear to be more can be seen at following histogram:



Picture 5. Distribution Knowledge of Food and of Nutrient

Based on to result of habit data eat taken responder to 10 people of sampel, 1 people of sampel chosen to eat 2 times in one day, 1 people of sampel chosen to eat 4 times in one day and 8 people of sampel chosen to eat 3 times in one day and overall of breakfast sampel every day within a week. In each;every atlet have appetite different each other, but menu breakfast moment which often bread, milk, lontong, noodles and egg of pangsit. Most atlet buy food of jajanan, but there is also atlet chosening do not buy food of jajanan. Menu formation lunch and

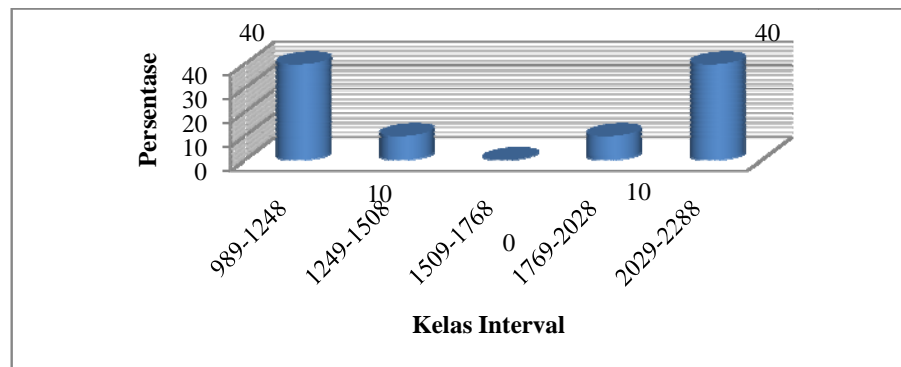
dinner, and also beverage type adapted for by each desire of atlet. Do not all atlet which consuming athletic beverage, and problem of abstention food type merely there are some just people of atlet natural.

Based on to result of data consume taken responder energi to 10 people, got highest score 2285,6 and score of terendah 989,6, while range (apart measurement) 260. Based on to group data mean count (mean) 1597,4 and middle value (median) 1530,9 and standard deviation (standard of deviasi) 514,4. Distribution result of data consume the the energi can be seen at tables hereunder.

Tables 7. Consume Energi Responder

Interval class	Frequency	Percentage
989-1248	4	40
1249-1508	1	10
1509-1768	0	0
1769-2028	1	10
2029-2288	4	40
Jumlah	10	100

Based on to tables of above, can be elaborated that from recall consume food of sampel 2 x 24 hour most food konsumsi reside in [at] international class 989-1248 counted 4 (40%), international class 1249-1508 counted 1 (10%), international class 1509-1768 counted 0 (0%), international class 1769-2028 counted 1 (10%) and international class 2029-2288 counted 4 (40%). To be more sharpness can be seen at histogram following:



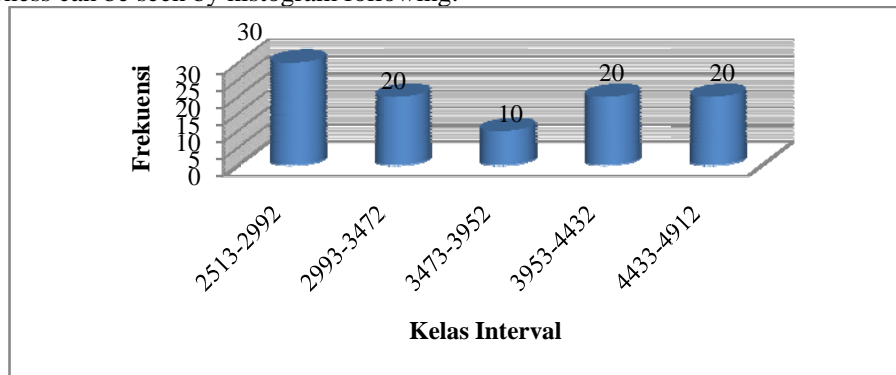
Picture 6. Consume Energi Responder

Based on to result of data of energi go out to pass taken responder physical activity to 10 people, got by highest score 4895,1 and score of terendah 2513,9, while range (apart measurement) 480. Based on to group data mean count (mean) 3592,6 and middle value (median) 3611,0 and standard deviation (standard of deviasi) 844,9. Distribution result of data of energi go out to through the physical activity can be seen by tables hereunder.

Tabel 8. Output energy

Kelas Interval	Frekuensi	Persentase
2513-2992	3	30
2993-3472	2	20
3473-3952	1	10
3953-4432	2	20
4433-4912	2	20
Jumlah	10	100

Based on to tables of above, can be elaborated that energi go out to pass physical activity most residing in at international class 2513-2992, that is counted 3 (30%), international class 2993-3472 counted 2 (20%), international class 3473-3952 counted 1 (10%), international class 3953-4432, counted 2 (20%) and international class 4433-4912 counted 2 (10%). To be more sharpness can be seen by histogram following:



Picture 7. Energi Go Out Through Activity Physical

SOLUTION

Based on to result of analysis which have to be drawn that status of Nutrient atlet reside in [at] category less, with status of Nutrient heavy of body less counted 5 people (50%), normal body weight counted 4 people (40%), and body overweight 1 people (10%). Based on to data above known that most atlet have body weight less because of lack of attention about habit eat, uneven and also calorie him enter with exit calorie. Atlet in general less understanding about lihat vitamin of Nutrient what there are in food and its function to their body. Lack of the amount of calorie which enter into body and too much him of[is amount of secretory calorie. If someone do not understand elementary principle of Nutrient and do not know requirement of Nutrient obtained from all kinds of food, and also the amount of calorie enter and exit. Very difficult for them to have required by body, and also for the man who do not know how much/many calorie which enter and balance the amount of secretory calorie. Furthermore of him, mount knowledge of Nutrient , earnings of old fellow, habit eat, food consumption and also physical activity of atlet have an effect on to status of Nutrient atlet.

Based on to analysis which have been done/conducted to be to be got [by picture that status of Nutrient atlet according to education of old fellow most men old fellow of finish responder of SMA / smk that is counted 8 people (80%) and most woman old fellow of finish responder of SMA / smk that is 7 people (70%). According to Reodjito (1989) height education of old fellow relate to the amount of earnings, what finally relate to food amount and quality which is ordinary to be bought by family while education of mother relate to food distribution pattern in nursemaid pattern and family. But someone which is have low education [to] not yet of course indigent compile food fulfilling conditions of Nutrient if/when compared to one who

have higher education, because even if education of it] lower if the people diligent listen counselling of Nutrient , information of Nutrient of others, media print and media of eloktonik non is impossible of knowledge of Nutrient will be more goodness.

Based on to analysis which have been done to be to be got by picture bring status of Nutrient atlet according to work of old fellow most men old fellow of responder as enterpreneur that is counted 8 people (80%) and most woman old fellow of responder as housewife that is 8 people (80%). status of Nutrient determined from storey;level work of old fellow. Work excelsior progressively nicely status of Nutrient so also on the contrary work relate to production determining dish to be presented by everyday family.

Based on to nalysis which have been doneto be to be got by picture bring status of Nutrient atlet according to earnings of old fellow most men old fellow of responder have earnings 2 Million - 2.5 million that is counted 5 people (50%) and most woman old fellow of responder have earnings 3 million that is 3 people (30%). Based on to at result of analysis which have been done to be to be got by picture that status of Nutrient atlet according to knowledge of Nutrient got to reside in to be categorized by Nutrient which is%. Height knowledge of Nutrient relate to food consumption. Based on to result of analysis which have been done to be to be got by picture that status of Nutrient atlet according to habit eat very is influencing of status of Nutrient . If too much eating food which is not nutritious tend to to make status of Nutrient someone less. Because diffraction eat have to as according to well-balanced menu. Atlet owning habit eat jajanan not yet of course its status of him of goodness. Because food of snack consumed not yet of course nutritious altogether.

According to Depkes RI (1995), habit eat good of form will if pattern eat individual adapted for Guidance Of Public of Nutrient Well-Balanced consisting of 13 message of well-balanced Nutrient , that is 1) eating food miscellaneous 2) eat food to fulfill sufficiency of energi 3) eat food off[is source of carbohydrate, semi from requirement of energi 4) limit fat consumption and oil until a quarter of sufficiency 5) use iodized salt 6) eat food off[is source of ferrum 7) giving just ASI at baby old age 4 months 8) accustoming breakfast 9) drink clean water, 10) doing activity of athletics and physical regularly, 11) avoiding grog, 12) eating peaceful food to health and 12) reading lable at tidy food

Based on to result of analysis which have been done to be to be got by picture that status of Nutrient atlet according to food consumption reside in international class 989-1189 counted 6 (30%). status of Nutrient determined by factor consume food. Excelsior consume food progressively more someone Nutrient and progressively lower ugly someone food consumption progressively its status of him. Food consumption relate to physical activity. Because amount of consumed by calorie is someone have to be well-balanced with amount of [released] calorie with activity malakukan, so that yield normal body weight. Because too much food consumption will make excessive body weight (obesitas). According to Soekirman (1999) one of the factor having an effect on to status of Nutrient someone is Nutrient Supplementof food consumption

According to Sediaoetama (1996) status of Nutrient someone very depended from its consumption storey;level, while consumption storey;level determined by dish amount and quality, [the] mentioned shown with existence of all Iihat vitamin of Nutrient needed by body in dish formation and comparison which is one to the other. Based on to result of analysis which have been done to be to be got by picture that status of Nutrient atlet according to physical activity got to reside in [at] international class 2531-3081, that is counted 6 (30%). status of Nutrient determined by physical activity factor and everyday activity. Activity someone excelsior progressively lower its status of him. Because physical activity have to be well-balanced with required by food consumption body. Activity physical height will cause its tired and downhill health someone. To the number of secretory calorie of body of status meyebabkan of Nutrient less (body weight less). According to Sediaoetama (1996) requirement of Iihat vitamins of Nutrient influenced by body weight, age, activity and gender. At teen-age with its growth.

According to Hariyadi (1999) balance of energi [is] important to maintain healthy body to weight and also check off all food and beverage into active healthy life style, including to consume food of Nutrient well-balanced and enough beranekaragam in number requirement, and also do physical activity regularly. Energi enter to represent energi coming from eaten food representing the source of energi. Energi got from chemical bond at food elaborated to is later; then used in the form of phosphate tying of berenergi high at ATP. This Energi can be used to work biologis or kept in body for requirement wait. Exit Energi represent the amount of energi released by body, representing combination among discharged heat and activity to environment.

The balance of Energi depict relation among calorie (consumed energi) of food and beverage and calorie (energi) burned by body. To most people, if/when calorie (MASUK) = calorie (EXIT), hence body weight will fixed or stabilize. If/When abysmal asupan of expenditure on an ongoing basis, hence body weight will go up. On the contrary if/when burned calorie more on an ongoing basis compared to which consumed, hence happened heavy degradation of body. Although balance of energi possible seen like a simple concept, long-range health require management actively equation both sides above. This include; cover understanding of requirement of body energi, for example physical activity impact, and get knowledge about food and beverage calorie content. This matter also include; cover behavior learn in operation of portion, and arrange the amount of calorie in food to assist to to manage energi asupan. Research sign that everyday small decision, like deciding how many to be eaten and dranked, step on staircase or elevator, and even do watching body weight or [do] not, earn to affect big at body weight and health along with time. Based on to result of from research which have been done to atlet swim Women'S Swimming Club Padang, level of calorie enter incommensurate to level of exit calorie. Because calorie go out bigger than calorie entry.

CONCLUSION AND SUGGESTION

Based on to data analysis and language, hence can be concluded that

1. Most status of Nutrient atlet swim Women'S Swimming Club Padang owning body weight less counted 5 people (50
2. Most education of finish old fellow of SMA / smk. Education of old fellow have an effect on to status of Nutrient atlet, because lowering of earnings will lessen status of Nutrient someone
3. Most work of old fellow of enterpreneur housewife and. Work of old fellow have an effect on to status of Nutrient atlet
4. Knowledge of and food of Nutrient atlet have category [is] and good counted 40
5. Food consumption to status of Nutrient atlet counted 40%, because amount of calorie which enter have to be well-balanced with amount of secretory calorie
6. Physical activity to status of Nutrient , because calorie which enter have to be well-balanced with secretory calorie Pass activity counted 30%.

As according to research result and conclusion above, hence can be told some the following suggestion:

1. expected to old fellow to increase consume food which is well-balanced and high bernutrisi
2. Expected to atlet to increase knowledge of Nutrient so that in election of food earn more effective to be consumed
3. To be expected to atlet in habit eat have to chosen food, so that consumed food as according to requirement of body
4. Expected to atlet to balance food consumption with physical activity, so that getting normal body weight
5. Expected to atlet owning normal body weight so that can maintain him/ while to atlet owning body weight less so that can add body weight and improve status of Nutrient as according to requirement, and to atlet owning body overweight so that can degrade status of Nutrient as according to requirement

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Prof. Dr. Rochmat Wahab, M.Pd., M.A.
Rector of Yogyakarta State University



Yogyakarta, April 24, 2014

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Chairperson of the Committee