

ABSTRACT

Nutrional Status of Swimmer Athlete in Range of 12 until 15 Years Old.

(A Case Study of Swimming Club in Petrokimia Gresik)

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Nutrional status is a condition of human body as the effect of food consuming and nutrional consuming or a condition in which food consuming balance used for human body. Athelete must have nutrional in balance in order to get optimum healthy and physical ability and in order to have a good persist on the physical exercises. Furthermore, a good food consuming which contains balance nutrional give a positive effect towards human's healthy.

The aim of the study is to find the characteristic of body mass index of the respondent, athelete's range of nutrional consuming, the range of nutrional status of swimmer athelete on the average range age of 12 until 15 years old in Swim Club Petrokimia Gresik.

The methodology of the study used purposive sampling technic. Purposive sampling technic is the technic in which the researcher takes the sampling by in purposeful way that is the participant is chosen by some requirements. The participants of the study are twenty nine swimmer athelet on the average age of 12 until 15 years old in the Swim Club Petrokimia Gresik.

The results of the study shows that the normal nutrional status are 22 people (75,90%) while the results from food consuming shows 25 people (86,20%) who have a good nutrional consuming. Moreover the results from energy needs, shows 24 (82,8%) people needs enery on the average range 2500-

3500 energy. In conclusion, this study found that the nutritional status of swimmer athlete is good while the food consuming shows that there are variety in food menu and contains of carbohydrate, protein, fat and vitamin accordance with the portions.

Key words: nutritional status, body mass index, food consuming,