

Sports Nutrition Training For The Achievement Of Optimal Achievement Of Athletes In Sleman Regency

by Christina Fajar Sriwahyuniati, Wisnu Nugroho, Sebastianus Pranatahadi, Risti Nurfadhila

ABSTRACT

A good exercise program should involve all the components an athlete needs in training, including a nutrition planning program for young athletes. One of the advocates in the success and success of coaching athletes is the coach. The coach becomes the closest person to an athlete. Coaches must support athlete programs, especially and the main thing in terms of providing sports nutrition for athletes. The fact is that in the field, there are still many coaches who do not understand or understand the nutritional needs of athletes' sports. So that sports nutrition training activities to support the achievement of optimal athlete achievement with the intention of providing knowledge and skills for coaches about the importance of sports nutrition for athletes in a training program planning for athletes. The Community Service (PkM) activities that will be carried out aim to increase understanding and deeper knowledge about sports nutrition. . The devotion audience is the Sleman county sports coach. The activity model is in the form of a workshop that will be carried out using the method of lectures, discussions, questions and answers and demonstrations (practices) of making exercise programs

Kata Kunci: *devotion, nutrition, achievement, athletes.*