

**Making Sports Nutrition Leaflets in the Training Period of Wushu Taolu
Athletes at KONI Jember**

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ABSTRACT

Sports achievements must be maintained and improved. Achieving maximum performance requires the availability and intake of nutrients that are suitable for the type of sport. Nutritional knowledge must be possessed by an athlete to produce optimal performance. The method to improve nutritional knowledge and attitudes in athletes is through nutrition education. Providing education using media will make it easier to understand the material presented. One of the media that can be used is leaflet. The purpose of this study was to make leaflet of sports nutrition in the training period of taolu wushu athletes at KONI Jember. The subjects of this study were 24 achievement class wushu taolu athletes at KONI Jember. The research subjects were taken using the total sampling technique. This study uses the ADDIE research method (*Analyze, Design, Development, Implementation, Evaluation*). The instrument used in this research is a questionnaire sheet consisting of a material expert questionnaire, a media expert questionnaire, and an acceptance test questionnaire. The questionnaire sheet is used to determine the level of feasibility of sports nutrition leaflet media in the training period of taolu wushu athletes. The results of the validation stage by material expert validators received a score of 76,36% and media experts of 90,6%. At the acceptance test stage, the results of athlete acceptance were 96,15%. Based on this data, it can be concluded that leaflet of sports nutrition in the training period for wushu taolu athletes made is very feasible to use as educational media.

Keywords : Leaflets, Sports Nutrition, Wushu Taolu Athlete