

# **Making a healthy menu book for wushu taolu athletes at KONI Jember**

**Vanesa Alma Agusta**  
Clinical Nutrition Study Program  
Department of Health

## **ABSTRACT**

One of the most superior and accomplished martial arts sports in KONI Jember is wushu taolu. Based on the results of preliminary studies and interviews, related to dietary arrangements in wushu athletes are less concerned and nutrition-related education has never been held. This study aims to create a menu book media on the trainer containing sports nutrition guidelines as a medium for nutrition education related to eating arrangements for wushu taolu athletes. This research method uses a type of Research & Development (R&D) research that develops the ADDIE development model. The types of data used are qualitative data and quantitative data. Qualitative data is based on the results of comments and suggestions from validators which are used as the basis for media improvement. While quantitative data is obtained from the assessment scores from the validators as well as from the acceptability test scores. The validation stage was carried out by 2 material experts and 1 media expert. The percentage results from the validation of material expert 1 amounted to 76% with a good category. The percentage results from the validation of material experts 2 amounted to 84% with a good category. The percentage result of media expert validation was 82% with a good category. The results of the acceptability test amounted to 96% which indicates that the menu book media received a positive response from respondents and was accepted as educational media.

Keywords: Wushu taolu, athlete eating arrangements, menu book, coach