

Nutrition Status and Physical Fitness Athletes (VO₂ MAX) Among Rowing Athletes Riau Province

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Background: Proper nutrition and physical fitness athletes (VO₂ MAX) is an important consideration for athletes who seek to maximize performance.

Objective : The objective of this study was to analyze nutrition status, and fitness level of rowing athletes RIAU Province.

Methods: The study was observational with cross sectional design. This study was conducted on 20 athletes (3 women and 17 man) and sampling technique was convenience *sampling*. The data used were primary anthropometry (weight and height) and level of fitness results of balke test (VO₂ MAX values). The data was then analyzed using correlation chi square test

Results: The baseline findings revealed that the prevalence of overweight was 25.0%. The results of this study showed most of the rowing athletes had normal nutritional status. The average value of VO₂ max that male were 45.17 ± 4.32 ml/kg/min, while the average value of VO₂ max female were below compare to male sex, amounting to 42.61 ± 1.63 ml/kg/min. There were no correlation between nutrition status ($p = 0.276$) with physical fitness of rowing athletes in Riau Province

Conclusions: Physical fitness (VO₂ MAX) of rowing athletes in Riau Province not only influenced by nutritional status, but also could be influenced by other factors

Keywords: nutrition status, fitness level, rowing, athletes

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