NONLY STEVANIE. The Relation of Breakfast and Exercise Habits to Students Cardiorespiratory Endurance of Kebon Kopi 2 Elementary School Bogor. Supervised by AHMAD SULAIMAN and TIURMA SINAGA.

Breakfast and exercise are important aspects in increasing students’ fitness, especially in elementary’s school-age children. One component of health-related fitness is a cardiorespiratory endurance. Cardiorespiratory endurance relates to the physical ability of a child in following the lesson learning process efficiently and effectively in a relatively long time without causing tiredness. The aim of study was to identify the breakfast and exercise habits and their relation to fitness level of elementary school students. Case study design was applied in this study. Research conducted at the Kebon Kopi Elementary School 2 Bogor in March-April 2011. The sampling inclusion criteria are students can understand and properly fill out the questionnaires, had no history of chronic illness or a derivative. Most of the sample (84%) are 10-12 years students. The highest percentage of normal nutritional status according to the example is BB/U (54%), TB/U (68%), and BMI/ U (70%). More than half of the sample (52%) always take a breakfast before they go to school. Their breakfast habits only contribute about 16% energy, 12% protein, 11% iron, and 1% vitamin C to nutrient adequacy. More than 70% of samples had a exercise frequency less than 3 times/week. About 46% sample doing exercise in 30-40 minutes each. Spearman correlation test results there is no relation between age, nutritional status, breakfast habits, 5L frequent complaints, and complaints of drowsiness with cardiorespiratory endurance (p>0.05). There is correlation between the sexes (p<0.05, r = -0.417), frequency of exercise (p <0.05, r = 0.350), and duration of exercise (p<0.05, r = 0.455) with cardiorespiratory endurance.

Keywords: breakfast, exercise, cardiorespiratory endurance, school age children, nutritional status