

# **The effect of taekwondo professional program along with nutrition education on some physical factors and competitive performance of adolescent taekwondo athieth**

Maryam Safari\*,

**Abstract Objectives:** The purpose of this study was to investigate the effect of Taekwondo professional training along with nutritional education on some aspects of physical fitness and competitive performance of adolescent taekwondo athles.

**Methods:** In this quasi-experimental study, 44 Taekwondo female athletes aged 11 to 16 years with at least 3 friendly or official matches were ed as the sample. The samples were examined for independent variable of Taekwondo practice training along with nutrition education on dependent variables including feed frequency, eating attitude, speed, power, balance, agility, BMI, WHR,

**Keywords :** **Keywords:** Nutrition education, Competitive performance, Physical Activity Factors, Teenage Taekwondo

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