

UNIVERSITI TEKNOLOGI MARA

**HEALTH RELATED FITNESS PERFORMANCE:
COMPARISON BETWEEN MALAYSIAN URBAN,
RURAL, AND ABORIGINAL SECONDARY
SCHOOL STUDENTS**

By

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requirements for the
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DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORT SCIENCE AND RECREATION
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This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently, submitted for this degree or any other degree.

This research project was the best result of my independent work and investigation, except, where otherwise states. I absolve Universiti Teknologi Mara (UiTM) and it is Faculty of Sport Science and Recreation from any blame because of my work.

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ABSTRACT

The purpose of this study was to compare health related fitness performances of body composition, flexibility, muscular endurance, muscular strength and cardiovascular endurance on urban, rural and aboriginal secondary school students. SMK Wangsa Maju Seksyen 2 represented urban, whereas SMK Felda Bukit Sagu represents rural area and SMK Kuala Krau representing aboriginal area. A total of three hundred students (N=300) were selected via stratified random sampling participated in this study. Results showed that there was a significance difference ($p < 0.05$) in muscular strength, aboriginal ($p = .001$) and urban area ($p = .001$). In muscular endurance, rural area showed ($p = .022$) and aboriginal area showed ($p = .001$) which indicated significance difference of ($p < 0.05$) and for cardiovascular endurance, urban area showed ($p = .001$) and aboriginal area showed ($p = .005$). There was no significance difference in body composition and flexibility ($p > 0.05$). As conclusion, the findings in this study indicated that the difference in physical fitness performance among urban, rural and aboriginal secondary school students was influenced by different types of their daily activity involvement.

Keywords –Urban area, rural area, aboriginal area, body composition, flexibility, muscular strength, muscular endurance and cardiovascular endurance.

TABLE OF CONTENTS

	Page
DECLARATION	i
LETTER OF TRANSMITTAL	ii
AFFIRMATION	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	v
TABLE OF CONTENT	vi
LIST OF FIGURES	xiv
LIST OF TABLES	xii
LIST OF GRAPHS	xiii

CHAPTER

1	INTRODUCTION	1
	1.1 Background of The Study	1
	1.2 Statement of The Problems	6
	1.3 Purpose The Study	7
	1.4 Objectives	7
	1.5 Hypotheses	8
	1.6 Delimitation	9
	1.7 Limitations	9
	1.8 Research Assumptions	9
	1.9 Significance of the study	9

	1.9.1 Student	9
	1.9.2 Teacher	10
	1.9.3 Ministry of Youth and Sports	10
1.10	Operational Terms	11
	1.10.1 Physical Fitness	11
	1.10.2 Physical Activity	11
	1.10.3 Rural Population	11
	1.10.4 Urban Population	12
	1.10.5 Aboriginal Population	12
	1.10.6 Body Composition	12
	1.10.7 Flexibility	12
	1.10.8 Muscular Strength	12
	1.10.9 Muscular Endurance	13
	1.10.10 Cardiovascular Endurance	13
2	LITERATURE REVIEW	
	2.1 Introduction	14
	2.2 Physical Fitness Performance and Geography	15
3	METHODOLOGY	
	3.1 Research Design	18
	3.2 Sampling Technique	18
	3.3 Conceptual Framework	19
	3.4 Ethic Committee's Approval	19