

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTIVENESS OF KINESIO TAPE
APPLICATION ON FLEXIBILITY AMONG
SEDENTARY PEOPLE**

By

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**Research Project Report submitted in partial fulfillment of the
requirements for the**

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DECLARATION


BACHELOR OF SPORTS SCIENCE AND RECREATION UNIVERSITI TEKNOLOGI MARA

I, Nazatul Liyana Binti Ideris Shah (I/C Number: 930105-06-5144) hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently, submitted for any other degree.

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

All verbatim extract is been distinguished by quotation marks and sources of my information have been specially acknowledgement.

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ABSTRACT

The purpose of this study is to determine the effectiveness of the kinesio tape application on flexibility among sedentary people. A total of thirty healthy sedentary subjects (N=30) were selected via stratified random sampling. The subjects randomly in any age. The study involved 15 female and 15 male subject, aged between 20 years old to 36 years old. Results show that there was a significant difference ($p < 0.05$) for flexibility parameters, sit and reach test (SR) ($p < 0.01$) and the trunk range of motion for the both sides were (DROM) ($p < 0.01$) when the subjects used Kinesio tape. In the trunk range of motion for both sides right and left side (TROM) ($P < 0.01$). There was is significance difference in the flexibility of the sedentary subjects, when kinesio tape was applied. In conclusion, the findings in this study have shown that the effectiveness of the kinesio tape on the flexibility among the sedentary people.

Keywords: *Kinesio Tape, Flexibility, Sedentary People, Healthy Subject*

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