

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS OF CAFFEINE
MOUTH RINSING ON COGNITIVE
TASK AND HIGH INTENSITY
INTERMITTENT TEST**

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ABSTRACT

This study tested the hypothesis that there would be no effects of caffeine mouth rinsing towards cognitive task and high intensity intermittent test. The researchers investigated the effects of 3 mg/kg bodyweight of caffeine anhydrous solution on cognitive task and high intensity intermittent exercise. Following completion of a baseline Yo-Yo intermittent recovery level 1 test (Yo-Yo IRT-1), twenty-two subjects of SUKMA Pahang Men Hockey Team were randomly assigned either caffeine (CAF) or placebo (PLA) for the first visit which then alternated for the next visit. Subjects performed mouth rinse then proceeded with Yo-Yo IRT-1 until their calculated 70% of maximum distance. Subject were stopped to perform Stroop Colour-Word Test (SCWT). Immediately after, subjects perform mouth rinse then continue Yo-Yo IRT-1 until their maximal effort or given 2 warnings. There were no significant effects of caffeine mouth rinsing towards cognitive task with CAF (765.5505 ± 124.83787 ms) and PLA (787.1232 ± 191.75883 ms) with p-value 0.136 ($P < 0.05$). There were no significant effects of caffeine mouth rinsing towards high intensity intermittent test with CAF (1360 ± 390 m) and PLA (1300 ± 350 m) with p-value 0.16 ($P < 0.05$). There were no significant difference between CAF and PLA on cognitive task and high intensity intermittent test.

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