

**UNIVERSITI TEKNOLOGI MARA**

**THE EFFECT OF ANKLE TAPING ON  
VERTICAL JUMP PERFORMANCE AMONG  
AMATEUR FOOTBALL PLAYERS**

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Research project submitted in partial fulfillment  
of the requirements for the degree of  
**Bachelor of Sport Science (Hons.)**

**Faculty of Sport Science and Recreation**

**January 2018**

## **AUTHOR'S DECLARATION**

I, Arif Muhaimin Bin Zulkifli (I/C Number: 941218-14-5267) hereby, declare that this work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrent, submitted for this degree and any other degree. This research project was the best result of my independent work and investigation, except, where otherwise stated. I absolve Universiti Teknologi Mara (UiTM) and the Faculty of Sport Science and Recreation from any blame because of my work. All verbatim extracts have been distinguished by quotation marks and sources of information have been specifically acknowledged.

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## ABSTRACT

The purpose of this study is to investigate the effect of ankle taping on vertical jump performance among amateur football players. A total of eighteen subjects (N=18) from Subang City Football Club were selected through purposive sampling. The study compared the differences between vertical jump performance with and without ankle taping. Sample Paired T-Test was used as this study included pre- and post-test using the group of subjects. During pre-test, all subjects performed three vertical jump tests without any application of ankle taping. After a minimum intervention of 24 hours, they performed the same test with the application of ankle tapings. Based on the Sample Paired T-Test result, there was no significant difference between vertical jump performance without ankle taping and vertical jump performance with ankle taping ( $p = 0.081$ ). The overall result also indicated that vertical jump without taping ( $M = 40.33$ ,  $SD = 5.77578$ ) was inferior to vertical jump with taping ( $M = 41.31$ ,  $SD = 5.78165$ ). To conclude, this finding suggests ankle taping does not affect vertical jump performances among amateur football players and it does give positive mental effects for them to perform better.

**KEYWORDS:** Football, Ankle Injuries, Ankle Taping, Rigid Tapes, Vertical Jump

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