

UNIVERSITI TEKNOLOGI MARA

**EFFECT CARBOHYDRATES MOUTH RINSE ON
REPEATED SPRINTS TIME AMONG UiTM
PAHANG FOOTBALLERS**

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DECLARATION

BACHELOR OF SPORTS SCIENCE

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I am Muhamad Zul Harith Bin Mohd Zakaria Soh (I/C NUMBER: 950312035755) hereby declare that: This work has not previously been accepted in substances of any degree, locally or overseas and is not being concurrently submitted for any other degrees.

This project is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and faculty of Sports Science and Recreation from any blames as result of my work.

All verbatim extracts have been distinguished by quotations marks and sources of my information have been specifically acknowledged.

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ABSTRACT

The objective of this study is to evaluate the effect of carbohydrates mouth rinse on repeated sprint time among UiTM Pahang footballers. Fifteen footballer's players (age: 19.53 ± 1.50 years; weight: 61.33 ± 5.150 kg) were recruited in this study. Subjects undergo three experimental trial conditions which are carbohydrate mouth rinse using 6.4 % dextrose (CHO), placebo using stevia (PLA) and control using plain water (CON). All subject need to rinse before repeated sprints start. Quantity for each solution is 25ml for every rinse. Subjects finish repeated sprints ability test consists of six sprints of 40 m (going/ return = 20 m + 20 m), the 20s of passive recovery between every sprint. Repeated sprint time (RSA mean) was recorded. One-way ANOVA was used to analyse this data and for repeated measures showed significant difference $p = 0.00$ ($p < 0.05$) in RSA mean (CHO = $7.26s \pm 0.96s$; PLA = $7.34s \pm 0.62s$; CON = $7.41s \pm 0.87s$). The finding of this study showed that carbohydrate mouth rinse gives positive effect to the repeated sprint time among UiTM Pahang footballers.

Keywords: *carbohydrates mouth rinse, speed performance, footballers*

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