

UNIVERSITI TEKNOLOGI MARA

**PREFERENCES OF MOBILE FITNESS
APPLICATION ON HEALTH RELATED FITNESS
COMPONENT AMONG VARSITY STUDENT**

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BACHELOR OF SPORTS SCIENCE (HONS.)

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DECLARATION

I, Muhamad Zaki Bin Mohd Ramli (I/C Number: 940318-06-5737) declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work.

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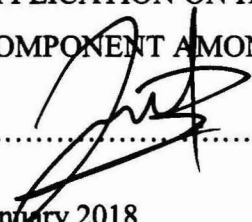
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ABSTRACT

The aim of this study is to identify the preference of mobile fitness application on health related fitness component on varsity students. Three hundred and sixty seven (n=367) students have answered the online questionnaire that has been develop in this study. Pilot study was carried out in order to know the validity of the questionnaire. This study has used the preliminary study which is by making an observation on existing mobile application in order to know the key different on mobile application. Means rank analysis has been used in order to know the preference. The result shows that the most preferred component by varsity students is cardiovascular endurance, followed by muscular strength, muscular endurance, and flexibility and body composition. For the exercise selected, jogging has become the most preferred exercise on cardiovascular component, followed by the strength training for muscular strength. Preference in exercise for muscular endurance is body weight training (BWT) followed by Pilates method for flexibility and STEP exercise for body composition.

KEYWORDS: Health Related Fitness Component, Mobile Application, Online Questionnaire

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