

UNIVERSITI TEKNOLOGI MARA

**THE USE OF KINESIOLOGY TAPE ON TEMERLOH FA FOOTBALL
TEAM: A STUDY OF FLEXIBILITY
AND STRENGTH**

By

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DECLARATION

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I am Muhammad Fahmi Bin Zulkifly (I/C Number: 940813-06-5443) 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 purpose of this study was to investigate the flexibility and strength on Temerloh FA football team between before and after applying kinesiology tape within three weeks intervention. A total subject that has be taken was thirty players (N=30) were selected by purposive sampling. The method of this study is using the experimental group with the same group performing a same test but in different condition. During pre-test all of the subject performing test without applying kinesiology tape while during post-test the subject has applying kinesiology tape with three weeks intervention before. Based on the sample pair t-test result, there a significant difference between before and after applying kinesiology tape which is the p-value of strength (vertical jump) (0.002) and flexibility (sit and reach) (0.001). The p-value is less than 0.05. As the conclusion, kinesiology tape helps to enhance performance in strength and flexibility if the kinesiology tape application applied with the correct ways.

KEYWORDS: Kinesiology Tape, Strength, Flexibility, Temerloh FA, Vertical Jump, Sit and Reach.

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