

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF PROBIOTIC SUPPLEMENTATION AMONG
OVERWEIGHT POPULATION IN UNIVERSITY TENAGA
NASIONAL (UNITEN)**

By

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**Research Project Report submitted in partial fulfillment of the
requirement for the Degree of Bachelor of Sports Science (Hons.)**

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DECLARATION

BACHELOR OF SPORT SCIENCE

FACULTY OF SPORT SCIENCE AND RECREATION

UNIVERSITI TEKNOLOGI MARA

I am Afiq Bin Md Yunus (I/C Number: 940517-06-5115) 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 determine the effectiveness of probiotic supplementation among overweight population in Universiti Tenaga Nasional (UNITEN). A total of sixty six sedentary people (N=66) were selected via stratified random sampling participated in this study. The subject's average age is 18-23 years old. Results showed that there was a significance difference ($p < 0.05$) for fat percentage and body mass index (BMI) on overweight population after six weeks consume probiotic supplementation. For the systolic blood pressure and diastolic blood pressure the result showed that there is no significance difference on overweight population after six weeks consume probiotic supplementation. As conclusion, the findings in this study shown that the effectiveness of probiotic supplementation among overweight population for fat percentage and body mass index (BMI).

Keywords: Fat Percentage, Body Mass Index, Sedentary People, Probiotic Supplementation, Systolic Blood Pressure, Diastolic Blood Pressure, Overweight.

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