

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF VITAMIN C CONSUMPTION TOWARD
SPORTS PERFORMANCE AMONG MALAYSIA ELITE
FOOTBALL PLAYERS**

By

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DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORT SCIENCE AND RECREATION
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This research project was the best result of my independent work and investigation, except, where otherwise states. I absolve Universiti Teknologi Mara (UiTM) and it is Faculty of Sport Science and Recreation from any blame because of my work.

All verbatim extract is been distinguished by quotation marks and sources of my information have been specially acknowledgement.

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ABSTRACT

The purpose of this study is to investigate the effectiveness of vitamin C consumption in aerobic capacity, anaerobic capacity and body fat percentage among Malaysia elite football players in six weeks intervention. This study used purposive sampling where all the subjects for this study were from FELCRA FC and UKM FC. The total subjects participated in this study were 36 (N=36) subjects where 18 subject from FELCRA FC and another 18 subjects from UKM FC. Both teams were separated into groups which was FELCRA FC (experimental) and UKM FC (control). The experimental group received 1000mg of vitamin C tablet everyday while the control group received no treatment of any supplements during six weeks intervention. Result showed that there is a significance difference ($p < 0.05$) in body fat percentage for both experimental ($p = 0.01$) group and control ($p = 0.01$) group. In the anaerobic capacity and aerobic capacity, result for both groups showed that there is no significant difference ($p > 0.05$). As conclusion, the findings in this study indicated that the 1000mg of vitamin C consumption among Malaysia elite football players did not show any significant improvements in aerobic and anaerobic capacity after six weeks of intervention. However, after six weeks of 1000mg vitamin C consumption, there was an improvement of body fat where the further observation is required.

Keywords – Vitamin C, elite football players, aerobic capacity, anaerobic capacity, body fat percentage

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