

UNIVERSITI TEKNOLOGI MARA

**COMPARISON OF FLEXIBILITY, MUSCULAR
ENDURANCE AND SPEED AMONG VETERAN MALE
TENNIS PLAYER BETWEEN CLUBS**

By

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DECLARATION

BACHELOR OF SPORT SCIENCE
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I, Nik Nabihah Binti Nik Mohd Yusof (I/C Number: 930127-03-5202) 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 paper is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blames as result of my work

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ABSTRACT

Tennis most popular originated from a handball type of game played by the ancient Greeks and Roman. In the 16th century that rackets came into use and the game began to be called "tennis". It was popular in England. France and Henry VII of England was a big fan of the game, now referred to as real tennis. Benefits of participating in tennis are lower body fat percentages, enhanced aerobic fitness and improve risk of cardiovascular. Tennis is a sport where it characterized by the point length, shot selection, strategy, match duration, weather and opponent. Thus, it could drive to the different level of tennis performance. Furthermore, the objective of the study is to make comparison of flexibility, muscular endurance and speed among veteran male between clubs. The total subject around 30, and 15 subject each group. First club was Majlis Penbandaran Kota Bharu (MPKB) and second club that have been compare was Kelantan Golf Country Club (KGCC). The three parameter physical test that have been measured to veteran player were Chair Sit and Reach (flexibility), Maximum Push Up (muscular endurance) and 10 meter speed (speed). The statistically analysis that have been used was Independent t-test .

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