

UNIVERSITI TEKNOLOGI MARA

**COMPARISON BETWEEN KINESIO TAPE
AND SPORT MASSAGE ON BLOOD
LACTATE FOLLOWING ANAEROBIC
EXERCISE**

AMIRUL AZIM BIN OTHMAN

**Thesis submitted in partial fulfillment
of the requirements for the degree of
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DECLARATION

BACHELOR OF SPORT SCIENCE FACULTY OF SPORT SCIENCE AND RECREATION UNIVERSITI TEKNOLOGI MARA

I, Amirul Azim Bin Othman (I/C Number: 961025335185) hereby declare that:

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This project paper is the overseas and is not being concurrently submitted 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 my results of my work.

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(AMIRUL AZIM BIN OTHMAN)

UiTM ID : 2017652046

Date : 11/8/2019

ABSTRACT

The purpose of this study was to investigate the comparison two different treatment which are kinesiotape and sport massage on lactate level following anerobic exercise among male collegiate UiTM Pahang (n=20) were selected as the sample of the study using purposive sampling technique and will test in two group that are control group that applying kinesiotape and experimental group that be applying sport massage. Measured using blood lactate analyzer. Statistical analysis of the tests was conducted by using independent paired sample t-test. A set of data was recorded and been analyze. There was no significant effect between kinesio tape and sport massage on lactate level following anerobic exercise because the the p-value is $p > 0.05$. The researcher found that not have any significant impact between kinesio tape and sport massage on lactate level taking after anaerobic work out among colligates UiTM Pahang.

Keywords: *anaerobic, blood lactate, kinesio tape, sport massage*

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