UNIVERSITI TEKNOLOGI MARA

COMPARISON OF SPEED, AGILITY AND POWER BETWEEN FORWARDS AND BACKLINES AMONG UiTM PAHANG RUGBY PLAYER

MUHAMMAD SYAFIQ BIN SAFRUDDIN

Research Project Submitted in Partial

Fulfilment of the Requirement for the Degree Of

Bachelor of Sport Science (Hons.)

FACULTY OF SPORT SCIENCE AND RECREATION

JULY 2019

AUTHOR'S DECLARATION

I, Muhammad Syafiq Bin Safruddin (I/C Number: 960701-10-5015) hereby, declare that this work has not previously been accepted in the substance of any degree, locally or overseas, and is not being concurrent, submitted for this degree and any other degree. This research project was the best 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 blame because of my work. All verbatim extracts have been distinguished by quotation marks and sources of information have been specifically acknowledged.

Name of Student	:	Muhammad Syafiq Bin Safruddin
Student I.D. No.	:	2017697358
Programme	:	Bachelor of Sport Science (Hons.) – SR243
Faculty	:	Sport Science and Recreation
Thesis	:	Comparison of Speed, Agility and Power between Forwards and Backlines among UiTM Pahang Rugby Players

Signature of Student : .....

Date : July 2019

Signature of Supervisor : .....

ABSTRACT

The purpose of this study is to compare speed, agility and power between forwards and backlines among rugby players. A total forty subject (N=40) from Uitm Pahang Rugby Players, were selected through purposive sampling. The study was using an ex post facto design to conduct this study. The study compared of the result of post-test of 30 meters sprint speed test, Illinois agility test and standing long jump test. All subject will perform only two trials for each test. They will perform for speed in the first day. The next day, they will perform a power and agility test. This study used an independent sample T-test for data analysis. There is significant difference of hypotheses testing for the 30 meter sprint speed test which is forward (M=0.520, SD=0.411) and backline (M=0.484, SD=0.215); t(40)=3.503, (p=0.00). Hypotheses testing for Illinois agility test which is forward (M=18.33, SD=0.828) and backline (M=16.55, SD=0.634); t(40)=7.640, (p=0.000). The last hypotheses testing for standing long jump test which is forward (M=1.923, SD=0.486) and backline (M=2.449, SD=0.208); t (40)=-4.448, (p=0.000). To conclude, this finding suggest that backlines have greater fitness component in term of speed, agility and power than forwards.

KEYWORDS: Rugby player, Speed, Power, Agility, Forwards, Backlines

TABLE OF CONTENT