

UNIVERSITI TEKNOLOGI MARA

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

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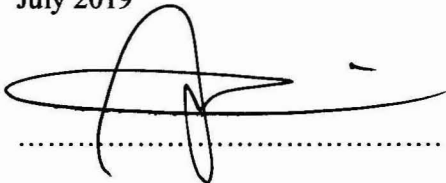
AUTHOR'S DECLARATION

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.

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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

	PAGE
DECLARATION	I
LETTER OF TRANSMITTAL	III
AFFIRMATION	IV
ACKNOWLEDGEMENT	V
ABSTRACT	VI
TABLE OF CONTENT	VII
LIST OF TABLES	X
LIST OF FIGURES	XI

CHAPTER ONE: INTRODUCTION

1.1 Background of the study	1
1.2 Problem statement	3
1.3 Research objective	4
1.4 Research questions	4
1.5 Significant of Study	5
1.6 Limitations	
1.6.1 Cooperation of Players	6
1.6.2 Time Schedule	6

1.7 Delimitations	6
1.7.1 Type of Testing	6
1.7.2 Number of Participant	6
1.8 Definition of Operational term	7
1.8.1 Speed	7
1.8.2 Power	7
1.8.3 Agility	7
1.8.4 Rugby	7
CHAPTER TWO: LITERATURE REVIEW	
2.1 Introduction	8
2.2 Rugby Union	9
2.3 Speed	12
2.4 Agility	14
2.5 Power	17
CHAPTER THREE: RESEARCH METHODOLOGY	
3.1 Introduction	19
3.2 Research design	19
3.3 Sampling technique	20
3.4 Instrumentation	20
3.4.1 Measuring Tape	21
3.4.2 Cone	22
3.4.3 Stopwatch	22
3.5 Data collection procedure	23
3.6 Data analysis	25
3.7 Independent sample T-test	25