

**UNIVERSITI TEKNOLOGI MARA**

**THE EFFECTIVENESS OF BILATERAL  
TRANSFER ON BASKETBALL-DRIBBLING  
TASK AMONG ADOLESCENTS**

**NUR SYAFEEQA BINTI SAZALEE**

**2015635392**

Research project submitted in partial fulfilment of the requirements  
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**AUTHOR'S DECLARATION**

I declare that the work in this research project was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledge as referenced work. This research project has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Nur Syafeeqa Binti Sazalee

Student I. D. No : 2015635392

Programme : Bachelor of Sports Science (Hons.)

Faculty : Faculty of Sports Science and Recreation

Dissertation Title : The Effectiveness of Bilateral Transfer on Basketball-  
dribbling Task among Adolescents

Signature of Students :  .....

Date : July 2017

**ABSTRACT**

A bilateral transfer is a theory of motor learning that has been defined as the ability of an individual to acquire and implement the transfer of skills from one limb to another. A good practice of bilateral transfer of one-handed motor skills can also produce excellent performance. Thus, the purpose of this study was to determine the effectiveness of bilateral transfer on basketball-dribbling task among adolescents. Thirty-eight right-handed adolescents were divided into 2 groups with different sequences of practiced over four weeks with the dominant hand, before changing to their non-dominant hand (D-ND group), or with the non-dominant hand, before changing to the dominant hand (ND-D group). Tests were conducted with the right hand only in the pre-test and the post-test. Significant effects were noted in both groups ( $p > 0.05$ ). However, no significant difference sequence of practiced order was reported between D-ND and ND-D group. Practice order effects can be explained with hemispheric brain asymmetries for the processing of specific task requirements.

**Keywords:** Bilateral transfer, asymmetrical, symmetrical, dominant, non-dominant.

**TABLE OF CONTENTS**

<b>Title</b>	<b>Page</b>
TITLE PAGE	i
LETTER OF TRANSMITTAL	ii
AUTHOR'S DECLARATION	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	v
LIST OF TABLES	viii
LIST OF APPENDICES	ix

**CHAPTER 1 INTRODUCTION**

1.1	Background of the Study	1
1.2	Problem Statement	3
1.3	Purpose of the Study	4
1.4	Objective of the Study	5
1.5	Hypotheses of the Study	5
1.6	Significance of the Study	5
1.7	Delimitations of the Study	6
1.8	Limitations of the Study	6
1.9	Operational of Terms	7

**CHAPTER 2 LITERATURE REVIEW**

2.1	The Way to Enhance Performance in Sports	8
2.2	Mechanism of How Bilateral Transfer Take Places	10
2.3	Asymmetric Versus Symmetric Transfer	12

**CHAPTER 3 METHODOLOGY**

3.1	Research Design	14
3.2	Description of Sample	14
3.3	Threats to Internal Validity	14
3.4	Outcomes Measure	15
3.5	Scoring Procedures	15
3.6	Data Collection Procedures	16
3.7	Data analysis	17

**CHAPTER 4 RESULTS**

4.1	Normal Distribution	18
4.2	Demographic Data	19
4.3	Effectiveness of Dominant to Non-Dominant Limb Practiced	20
4.4	Effectiveness of Non-Dominant to Dominant Limb Practiced	21
4.5	Comparison Between the Differences Sequential Order of Practice between Dominant to Non-Dominant and Non- Dominant to Dominant Limb Practiced	21

**CHAPTER 5 DISCUSSION, CONCLUSION AND RECOMMENDATIONS**

5.1	Discussion	23
5.2	Conclusion	26
5.3	Recommendations	27

<b>REFERENCES</b>	28
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<b>APPENDICES</b>	31
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