UNIVERSITI TEKNOLOGI MARA

THE EFFECT OF DIFFERENT FLUID INTAKE ON BALANCE PERFORMANCE AFTER RECOVERY WITH EYES OPEN AND EYES CLOSED

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Research project submitted in partial fulfilment of the requirements for degree of
Bachelor of Sports Science (Hons.)

Faculty of Sports Science and Recreation

July 2018

AUTHOR'S DECLARATION

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

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

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ABSTRACT

Drinking fluid during exercise is necessary to prevent performance decreases due to dehydration. The deleterious effects of dehydration on athletic and cognitive performance have been well documented. The effect of dehydration on balance, performance, and proprioception is an important topic in sports. Thus, the aim of this study is to compare the different fluids intake on balance performance after recovery with eyes open and eyes closed. This study were completed by twelve active people (N=12). Participants balance were measured by Biodex Balance System SD after 20 minutes completed an hour of exercise on treadmill. All participants we go through three different conditions (1: No Fluid; 2: Water Intake; 3: Sport Drink Intake). The results indicate that water and sports drinks were significantly ($p < 0.05$) improve balance during eyes open. No significant result reported for eyes closed ($p > 0.05$). The findings identify significant deficits in balance that likely result from decreased proprioceptive and altered posture secondary to dehydration.

Keywords: Fluid intake, recovery, balance performance

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