



UNIVERSITI TEKNOLOGI MARA

PHYSICAL FITNESS PROFILE AMONG AVIATION
CADETS IN MALAYSIA

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ABSTRACT

Commercial pilot is the licensed and the person who attempt to begin their job in aircraft and an important person to enactive all the flight crew to be ready for flight sessions. We know that Malaysia have well develop flying school but measurement of physical fitness profile among aviation cadets are scanty. Furthermore, they only performed medical checkups during new registration sessions. Moreover, investigation about air crashes commonly related to pilot error or human error. The aim of this study is to describe the physical fitness profile among aviation cadets and to compare physical fitness profile between airline and private license. The cross- sectioned study recruited twenty-eight airlines and private license aviation cadets from Asian Pacific Flight Training(APFT). Each subject performed seven physical fitness test batteries that is body mass index test, waist hip ratio test, hand grip test, modified sit and reach test, curl up test, standing long jump test and bleep test. The result indicate that two out of seven test were scored below average. The non parametric a mann whitney u test revealed that airline and private cadets are significantly difference in level of physical fitness but have same physical characteristics. In conclusion, most of the result show a good result except for lower body strength and cardiovascular fitness.

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