

UNIVERSITI TEKNOLOGI MARA

**SELECTED PHYSICAL FITNESS AND BODY
COMPOSITION PROFILE OF UITM PAHANG
FUTSAL PLAYERS**

By

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ABSTRACT

Futsal games is the high performance sports that need their player have a suitable physical fitness and body composition. The purpose of the study was to determine and investigate selected fitness and body composition parameters of UiTM Pahang futsal players. A group consist of twenty (20 males) means ages 21.1 years old were selected. All data were analyzed using SPSS and presented as mean (\pm SEM). The means for body composition assessment showed the mean BMI was 19.12 and the mean value of WHR was 0.93 ± 0.01 cm. the mean for fitness test showed the mean values for endurance, 30 sec push up test 28.45 and one minute sit up test 39.05, the mean value for agility are barrow zigzag test 27.18 and hexagon drill 15.98. Then the values for cardio respiratory are bleep test 10.19. For mean value of speed 40-meter sprints test 4.76 and for mean values for power is standing broad jump test 224.95. The flexibility mean values for subject is sit and reach test 39.85. Based on fitness level of the subjects, in endurance test all subject are in average categories and in agility test result also most of the subject are average.