

UNIVERSITI TEKNOLOGI MARA

**THE COMPARISON OF PHYSIOLOGICAL PROFILE
BETWEEN ELITE AND BEGINNER BADMINTON
MALE PLAYERS**

By

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**Research Project Report submitted in partial fulfilment of the
requirements**

**for the Degree of
Bachelor of Sports Science (Hons.)**

Faculty of Sports Science and Recreation

December 2014

ACKNOWLEDGEMENTS

My wishes to express the sincere appreciation and gratitude to the following people who contributed to my research project:

First of all, the Research Degree Committee and the Head of Faculty of Sport Science and Recreation of the Universiti Teknologi MARA (UiTM) Campus Jengka, Pahang for providing an opportunity to work on this study and completed this study successfully.

A deep sense of gratitude was expressed to Nurul Nadiah Binti Shahudin, lecturer of Bachelor of Sport Science (Hons.) at UiTM Campus Jengka, Pahang for her valuable direction and specific guidance as Supervisor for this thesis until successfully finishing this study.

Then, I want to extremely thankful to the Pahang Badminton Association and Pahang Badminton Academy for wholehearted assistance and allowed me to settle this study by using their players as the volunteers.

Last but not least, a special appreciation to my families and friends who always give me a support to completed this study.

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ABSTRACT

There are absence of spellbinding information on the physiological and physical profiles in the elite and beginner badminton male players in Pahang, Malaysia. The purpose behind this study is to gauge and compare the body composition, aerobic fitness, muscular strength and power, flexibility, speed and agility of the elite and beginner badminton male players in Pahang, Malaysia. Twenty-five elite male players who included in this study was a member of the Pahang Badminton Squad in 2014 and thirty beginner male players was a member of Badminton Amateur Academy of Pahang volunteered for this study. Before start the field tests, the anthropometric measurement of players like height, weight and arm span has been taken. There were five field tests carried out to players which was 20m multistage shuttle-run, vertical jump, sit and reach, 5, 10, 20m speed and 505 agility test. The tests were carried out over two days, distributed into two sessions, allowing a day rest period between each days. Based on the study, we found that for aerobic fitness, elite (13.45 ± 1.10) was better than beginner (9.52 ± 1.46). For muscular characteristics, elite (58.20 ± 4.03) was better than beginner (49.13 ± 6.03). For flexibility, elite (20.16 ± 3.82) was quite similar to beginner (18.27 ± 4.08). For speed, elite (3.48 ± 0.30) was faster than beginner (3.72 ± 0.23). Lastly for agility, elite (2.50 ± 0.22) was quick than beginner (2.72 ± 0.22). Taking everything into account, this study demonstrates that the elite badminton players are taller, lighter and stronger (in outright terms) look at to the beginner badminton players. From these results, we can conclude that badminton is a fast movement sport that needs a blend combination of fine technical skills and high contains of physiological fitness.