

**THE EFFECTS OF PLYOMETRIC TRAINING ON UPPER AND LOWER
BODY EXTREMITIES AMONG UITM HANDBALL PLAYERS**

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**Research Project Report submitted in partial of the requirements for the
Bachelor Degree of Sports Science (Hons.)
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JULY 2014

ACKNOWLEDEMENT

I, Siti Nor Atiqah Binti Halim, first of all would like to express my utmost thankfulness to Allah Almighty for giving me His guidance and courage in completing this research project. Only the God himself knew what the best is for His servant.

I also would like to thank my beloved father, Mr. Halin Bin Dahlan. He is very supportive in guiding me to be a good Muslim and also being a man that I am today. Not to forget my mother, Ms Rohani Binti Mat Salleh. She always had the time in the world to hear about my problems and complaint but yet she never gives up on me. I would like to dedicate this research to both of my parents as they never look down in me. In fact, they had always being supportive to me in study. From money to advices, they never rejected my request as long as I needed it.

I also would like to thank my supervisor, Mr. Mohd Zulhairi Bin Mohd Azam for her help, advices and guidance in completing this research. Even though both of us came from a different field, yet she never rejected my request whenever I ask for her guidance and advices.

I also would like to thank my siblings for helping me in completing my study by providing me with monetary assistance whenever I needed it. Only Allah can repay your deeds to me. Special thanks to my friends, Nurul Munawirah Binti Mohd Nor, Nor Asyikin Binti Rosli and Nomerni Binti Mohd Nor for helping me in their own specialties. Last but not least, I would like to thank all of the parties that are directly or indirectly involve in completing my research report writing.

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ABSTRACT

Objective: To determine the effect of 6 weeks plyometric training program on upper and lower body extremities power among UiTM Pahang handball players. Pre and post test of upper and lower body will be conducted. **Method:** This study is an experimental design research where the participants were asking to perform pre and post test of the vertical jump and seated medicine ball toss. Each group has been given different treatment for six weeks before they perform the post test. The treatment consists of handball daily training for the control group and plyometric training for the experimental group. **Participant:** Twenty-six active male handball players (n=26) from UiTM Pahang were participated in this study. They had been separated into 2 groups, control group thirteen players (n=13) and experimental group thirteen players (n=13). Aged, mean \pm standard deviation for control group, 19.69 ± 0.63 years; weight 69.54 ± 12.39 ; height 173.00 ± 5.85 cm and body mass index 28.88 ± 11.03 while aged, mean \pm standard deviation for experimental group, 19.85 ± 0.38 years; weight 67.58 ± 7.83 kg; height 174.46 ± 4.88 cm and body mass index 26.44 ± 5.49 . Result accuracy score was recorded during the pre test and post test. **Finding:** Result shows there is a significant on the upper body ($p < 0.005$) while for lower body there show no significant ($p > 0.005$). **Discussion:** These findings suggest that the addition of period plyometric training sessions may be more beneficial and effects for enhancing selected measures of upper and lower body extremities among handball players.

Key words: Plyometrics, power, handball, medicine ball toss, vertical jump.