EFFECTS OF VIDEO FEEDBACK ON VOLLEYBALL SERVICE TEST ACCURACY AMONG UNIVERSITY LEVEL PLAYERS

DESDEMONA MOLLON 2012118797

BACHELOR OF SPORTS SCIENCE (HONS)
FACULTY OF SPORTS SCIENCE AND RECEATION
UNIVERSITI TEKNOLOGI MARA SARAWAK

DECEMBER 2014

LETTER OF TRANSMITTAL

December 9, 2014

Mr. Gordon Nicolaus Jemat Anchang Research Supervisor Faculty of Sports Science and Recreation University Teknologi MARA 93400 Kota Samarahan Sarawak

Dear Sir,

Re: Effects of Video Feedback on Volleyball Service Test Accuracy among University Level Players

Enclosed is a project paper entitled "Effects of Video Feedback on Volleyball Service Test Accuracy among University Level Players". This report attempts to identify the effects of video feedback towards improving the volleyball service skill accuracy among university level players.

With the submission of this project paper, I do hope that it will meet the requirement and complete this Bachelor of Sports Science (Hons) program.

I would like to express my heartfelt gratitude, appreciation and words of thanks to you for your advice, guidance and support that you had rendered to me in completing this project paper on time.

Thank you.

Your sincerely,

DESDEMONA MOLLON

2012118797

DECLARATION

I hereby declare that this thesis is the result of my own investigations, except where otherwise stated. Other sources are acknowledged by proper citations giving explicit references and a bibliography is appended. Neither the Universiti Teknologi MARA (UiTM) nor the Faculty of Sports Science and Recreation, UiTM is liable to be blamed for any false report or any disclosure or classified information made by me.

DESDEMONA MOLLON

Mane

2012118797

920526-12-5142

APPROVAL PAGE

I certify that I have supervised and read this study and that in my opinion, it confirms to acceptable standards of scholarly presentation and is fully adequate, in scope and quality, as a thesis for the degree of Bachelor of Sports Science (Hons.)

Gordon Nicolaus Jemat Anchang

Supervisor

Date: 16/12/2014

TABLE OF CONTENTS

CONTENT			PAGE NUMBER
LIST OF TAE	BLES		
LIST OF FIGU	JRES		
ACKNOWLEDGEMENTS			i
ABSTRACT			ii
CHAPTER 1	INTRODUCTION		
	1.0	Overview	1
	1.1	Background of the Study	2
	1.2	Problem Statement	5
	1.3	Research Question	6
	1.4	Hypothesis	
	1.5	Objective	
	1.6	Significance of the Study	7
	1.7	Limitations	8
	1.8	Delimitations	9
CHAPTER 2	LITE	LITERATURE REVIEW	
	2.0	Introduction	10
	2.1	Literature on the Effects	
	2.2	Literature on Video Feedback	11
	2.3	Literature on Volleyball Service Skill	16
	2.4	Literature on Service Test Accuracy	17