

A STUDY ON THE IMPORTANCE OF PRE-PARTICIPATION
PHYSICAL EXAMINATION AMONG ATHLETES AT SEKOLAH
MENENGAH KEBANGSAAN TUNKU ABDUL RAHMAN PUTRA,
SABAK BERNAM, SELANGOR

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2006

ACKNOWLEDGEMENTS

In the name of Allah, the Most Gracious and the Most Merciful.

First and foremost, I am grateful to the Allah S.W.T for showing me the path to the inner peace and allowing me to complete this research.

I would like to grant my thanks to my research advisor, En. Mohd. Shahrudin b. Hj. Mohmud for his comments, guidance and patience on how to complete this research. His full support is highly appreciated.

I would like to express my thanks to Tuan Hj. Zaini bin Kudus, the Principal of Sekolah Menengah Kebangsaan Tunku Abdul Rahman Putra, Sabak Bemas for his permission and support to choose the athletes and the teachers to answer my questionnaire.

Last but not least, I owe a great respect to En. Mashudi bin Hj. Misban, who shared his time and gave me inspiration, encouragement and support to make this research possible.

My gratitude goes to my family and friends for giving me the inspiration, encouragement and support. Your help make this research possible.

Without the assistance of all these individuals, this research could not be a success.

To all and many more, thank you. May Allah S.WT bless you. I thank you all.

ABSTRACT

The study intends to investigate the implementation of Pre-Participation Physical Examination (PPE) towards athletes in SMK Tunku Abdul Rahman Putra, Sabak Bempam. Respondents for the study are randomly selected from 50 students-athletes representing the school in various sports events as well as 10 teachers cum coaches. These respondents are asked to answer a set of questionnaires related closely to the study. Analysis is made using the frequency and percentage method from the collected data. Results of the study indicated that 100% (all 10 teachers cum coaches as well as all 50 students-athletes) have never experienced PPE although some of the athletes have reached district, state and national level. Results also showed that majority of teachers and students stated that they have been experienced injuries during participation. There is also an indication that the main causes of injury towards athletes might be because of not performing PPE prior to athletes' participation in various sports events.

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CHAPTER 1

INTRODUCTION

1.1 Introduction

A person's fitness level is markedly influenced by health status (John Schell, 1994). How do we determine someone's fitness level or health status? There are of course various ways of measurement. On one hand we may look into one's physical fitness as a more focus issue.

Physical examination is one way of knowing the level of health in general and fitness of a person. It is carried out with the purpose of knowing that someone is actually in a fit condition or the opposite. Apart from that, it is also one of the ways to detect illness, symptoms of illness, injury or disability of any part of the body.

School athletes are among those who should have a high fitness level before they take part in any sport events. Physical examination is also vital in school athletes to identify their level of health and fitness, as a method of identifying injury, the athletes' readiness and ability; which in the end to confirm whether the athletes could be ready to take part in any events or otherwise. This method is also meant to prevent any unexpected incident during any tournament. It is advisable not to take this matter lightly and such examination could bring both positive and negative impacts to the athletes