

**UNIVERSITI TEKNOLOGI MARA**

**ANTHROPOMETRICS AND FITNESS  
COMPONENTS PROFILES OF DIVISION ONE IPT  
LEAGUE SOCCER PLAYERS**

**MOHD FARIDZ BIN HAJI AHMAD**

Dissertation submitted in partial fulfillment of the  
requirements for the degree of

**Master of Sports Science**

**Faculty of Sports Science and Recreation**

June 2013

**DECLARATION OF ORIGINAL WORK**

I, MOHD FARIDZ BIN AHMAD (I/C Number: 860228386385)

Hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently, submitted for this degree or any other degrees.

This project paper is the results of my independent work and investigation, except otherwise stated. I absolve Universiti Teknologi MARA and Faculty of Sports Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledgement.

Name of Candidate : Mohd Faridz Bin Haji Ahmad

Candidate's ID No : 2010567965

Programme : Master of Sports Science (SR 770)

Faculty : Faculty of Sports Science and Recreation

Dissertation Title : Anthropometrics and Fitness Components Profiles of Division  
One IPT League Soccer Players

Name of Supervisor : Dr. Tan Chee Hian

A handwritten signature in black ink, consisting of a large, stylized letter 'E' with a loop at the bottom, followed by a smaller character that appears to be 'i'.

.....  
Signature of Candidate

Date : 28<sup>th</sup> June 2013

**ABSTRACT**

Soccer is the most popular sports in the world and its popularity continues to increase in Malaysia. Hence, “Liga Institusi Pengajian Tinggi” or IPT League had been introduced to select potential players. In soccer, having great fitness components contributes to better performance with the additional of anthropometrics characteristics. Therefore, the aim of this study was to investigate the anthropometrics and fitness components differences among team in Division One IPT League 2012. There were 160 participants (N=160), consisting of players from Universiti Teknologi MARA (UiTM); Universiti Malaya (UM); Universiti Kebangsaan Malaysia (UKM); Kolej Komuniti Kedah (KKK); Politeknik Kota Bharu (PKB); Universiti Multimedia (MMU); Universiti Tun Hussein Onn (UTHM) and Universiti Malaysia Sabah (UMS), where each team contributes 20 players. The age of these participants ranged between 18 to 25 years old. The participant’s anthropometrics characteristics that were measured were height, weight and body fat percentage. For fitness level, T-test had been used to measured agility, sit and reach (flexibility), vertical jump (power), 30m sprint (speed), sits ups test (strength) and Yo-Yo Intermittent Recovery Test-Level 1 (VO<sub>2</sub>max). Results showed that there are significant differences in weight ( $p = .04$ ) and body fat percentage ( $p = .03$ ) while it showed no significant differences in height ( $p = .28$ ), agility ( $p = .07$ ), flexibility ( $p = .97$ ), power ( $p = .81$ ), speed ( $p = .78$ ), strength ( $p = .92$ ) and cardiovascular endurance ( $p = .10$ ). In conclusion, teams in IPT League 2012 shared almost similar height and fitness level but having differences in term of weight and body fat percentage. These findings contributed to sports management, the body of knowledge especially for coaches to make decisions in selecting players and emphasizing on other factors rather than tested fitness components as in the study.

**TABLE OF CONTENTS**

<b>DECLARATION OF ORIGINAL WORK</b>	i
<b>ACKNOWLEDGEMENT</b>	iii
<b>ABSTRACT</b>	v
<b>TABLE OF CONTENT</b>	vi
<b>LIST OF TABLES</b>	xii
<b>LIST OF FIGURES</b>	xiv
<b>LIST OF APPENDICES</b>	xv
<b>LIST OF ABBREVIATIONS</b>	xvi
 <b>CHAPTER 1: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Problem Statement	6
1.3 Purpose of the Study	7
1.4 Research Questions	8
1.5 Objective of the Study	8
1.6 Limitation / Delimitation of the Study	8
1.7 Assumption of the Study	9
1.8 Hypothesis of the Study	9
1.9 Significance of the Study	10
1.10 Operational Definition of Terminology	11
1.10.1 Height	11
1.10.2 Weight	11
1.10.3 Body Fat Percentage	11