

UNIVERSITI TEKNOLOGI MARA

**FITNESS LEVEL AMONG ADOLESCENTS
FROM SEKOLAH MENENGAH KEBANGSAAN
TAMAN SRI MUDA, SECTION 25, SHAH ALAM,
SELANGOR**

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CANDIDATES DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulation of Universiti Teknologi MARA, Malaysia. It is original and is the result of my own work, unless otherwise indicated or acknowledge as referenced work. This dissertation has not been submitted to any other academic institution for any degree or qualification.

In the event that my dissertation violates the condition mentioned above. I voluntarily waive the right of conferment of my degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA, Malaysia.

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Fitness Level among Adolescents From Sekolah Menengah Taman Sri Muda, Section 25, Shah Alam, Selangor

ABSTRACT

This study was mainly an investigation of the fitness level by assessment using the SEGAK test currently practical by the national schools. A total of 594 participants: 265 male and 329 female adolescents, who had performed the SEGAK tests from Sekolah Menengah Kebangsaan Taman Sri Muda, Section 25, Shah Alam, Selangor Darul Ehsan were involve in this study. The finding based on BMI, indicated that 4.9% of male adolescents were underweight, 75.5% was of normal weight and 17% of male adolescents were at risk level. However, for female adolescent 90.88% of them were normal weights. Hence 4.86% were at the risk weight and 5.25% were overweight. Descriptive and inferential statistically showed that an overall result male adolescents mostly fell into very high level of fitness in body composition, flexibility, upper body muscular strength and endurance and aerobic fitness but female adolescents perform better compared to male adolescents in abdominal muscular strength and endurance. There was a significant difference in body compositions, flexibility, abdominal muscular strength and endurance, upper body muscular strength and endurance and aerobic fitness and also level of fitness between genders. There was a strong relationship between body composition and flexibility among male adolescents but not among female adolescents. Consequently, there was strong relationship between SEGAK components; body composition and aerobic fitness among male and female adolescents. However, SEGAK test should include a more relevant test for school children to assess cardiovascular fitness.

Keyword: *Fitness Level, SEGAK, Adolescents,*