

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF SPORT DRINKS ON MUSCLE
ENDURANCE PERFORMANCE AMONG
FOOTBALL ATHLETES**

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BACHELOR OF SPORTS SCIENCE (HONS.)

2018

DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


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ABSTRACT

The purpose of this study was to identify the effect of sport drink consumption on muscle endurance performance among football athletes. A total of 20 football athletes (N=20) was selected via purposive sampling to participate in this study. In this study, push up until fatigue protocol were been used for pre-test and post-test (Magrini, Colquhoun, Dawes, & Smith, 2016). In this study, athletes were consuming sport drinks and placebo drink. This study using cross sectional design and quasi experimental for pre-test and post-test. Paired Sample T-test was employed to compare means and standard deviation between two variables which is sport drink and placebo drinks. The analysis showed there were significant different on sport drinks and placebo drinks on muscle endurance performance among football athletes, which is sport drink $t(9) = -7.749, p < .05$ and placebo drinks $t(9) = -9.327, p < .05$. At the conclusion, sport drinks and placebo have effects on muscle endurance performance among football athletes in their respective responses.

KEYWORDS: *Sport Drinks, Muscle Endurance Performance, Football Athletes*

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