

UNIVERSITI TEKNOLOGI MARA

**THE COMPARISON OF
PHYSICAL FITNESS COMPONENT
BETWEEN ADOLESCENCE
TENNIS'S PLAYERS
VS
BADMINTON'S PLAYERS**

NUR HAZIMAH BINTI AHMAD BAKRI

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of the requirements for the degree of
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(Hons.)

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AUTHOR'S DECLARATION

I, Nur Hazimah Binti Ahmad Bakri (950713-03-5510) 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 Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Nur Hazimah Binti Ahmad Bakri
Student I.D. No. : 2015183665
Programme : Bachelor of Sport Science – SR243
Faculty : Sport Science and Recreation
Thesis : The Comparison of Physical Fitness Component
between Tennis's Players vs Badminton's Players

Signature of Student : 

Date : January 2018

ABSTRACT

Tennis and badminton were both racquet sports. The purpose of this study was to examine the comparison of physical fitness component between adolescence tennis's players versus badminton's players. Forty adolescences male athletes Kelantan state level aged 13 to 18 years old; body weight $54.52\text{kg} \pm 11.26\text{kg}$; body height $1.62\text{m} \pm 0.08\text{m}$ were participate in this study. Physical fitness was carried out on twenty male tennis's players and twenty male badminton's players. The component of physical fitness test consisted of aerobic cardiovascular, agility, muscular strength, and flexibility. Independent sample T-test was used to analyze the mean differences of physical fitness component in both sports. Significant differences was reported for muscular strength fitness ($p < 0.05$), while there were no differences recorded for aerobic cardiovascular, agility, muscular strength and flexibility. Tennis's players had higher muscular strength compared to badminton's players.

Keywords: aerobic cardiovascular, agility, muscular strength, flexibility

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