

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN FITNESS LEVEL
AND INJURY STATUS AMONG PAHANG STATE
FEMALE FOOTBALL PLAYERS**

**By
HELMI FARHAKIM BIN MAT NOOR**

**Research Project Report submitted in partial fulfillment of the
requirements for the
Degree of Bachelor of Sports Science (Hons.)**

Faculty of Sports Science and Recreation

January 2017

DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORTS SCIENCE (HONS)
FACULTY OF SPORT SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA CAWANGAN PAHANG

I, Helmi Farhakim bin Mat oor (I/C Number: 930521065573) hereby declare that: This work has not previously been accepted in substances of any degree, locally or overseas and not being concurrently submitted for any degrees.

This project is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and faculty of Sport Science and Recreation from any blame as result of my work.

All originality extracts have been distinguishes by quotations marks and sources of my information have been specifically acknowledged.

Signature : _____
(HELMI FARHAKIM BIN MAT NOOR)

IC No : 930521065573

UiTM ID : 2014581379

Date : _____

ABSTRACT

Football really is worldwide sports that play by both male and female. There were many major big competitions such as World cup, EURO and Concacaf Cup. But all the major event only focus on male competition rather than female. Fans normally do not support female football match because of many aspect but the major of it is the feminist side of women. According (e.g., Bourke, 2003), Women's soccer, in contrast to men's soccer, has a relatively short history. This also led to short interest of researcher on the female football player. The subject is (N=20) from the Pahang FA female team. Subject age are in range (19-26). The team are currently preparing for the Liga Kebangsaan and the LBR female tournament. Three fitness test will be perform by them which is bleep test (endurance), illnois agility test (agility) and 30M sprint (speed). The result of this study found the coefficient correlation between the three fitness component and injury status of the players are moderate. The p value for two of the fitness variable that correlate with injury found it significant when $0 < 0,05$ except for speed of the players and the injury is not significant when $p > 0.05$. It is possible that level of the fitness of the female players do contribute in preventing the injury of the female players.

Keywords: *injury, endurance, agility, speed, illnois agility, 30M sprint, bleep test*

TABLE OF CONTENT

	PAGE
ACKNOWLEDGEMENT	ii
TABLE OF CONTENT	iii
DECLARATION	v
LIST OF TABLE	vi
LIST OF FIGURE	vii
ABSTRACT	viii
 CHAPTER	
1	INTRODUCTION 1
	1.1 Background of study 1
	1.2 Statement of the problem 2
	1.3 Research objective 4
	1.4 Significance of study 4
	1.5 Hypothesis 5
	1.6 Limitation 5
	1.7 Delimitation 5
	1.8 Operational term 6
2	LITERATURE REVIEW 7
	2.1 Injury in female football 7
	2.2 Female football 8
	2.3 Fitness in female football 9

3	METHODOLOGY	11
	3.1 Introduction	11
	3.2 Research design	11
	3.3 Population and sampling	12
	3.4 Instrumentation	12
	3.4.1 Injury form	12
	3.4.2 Fitness test	12
	3.5 Data collection procedure	14
	3.6 Data analysis	15
	3.6.1 Statistical model	15
	3.6.2 Analysis procedure	15
4	RESULT	16
	4.1 Introduction	16
	4.2 Result analysis	17
	4.3 Hypothesis one	18
	4.4 Hypothesis two	19
	4.5 Hypothesis three	20
5	DISCUSSION, RECOMMENDATION AND CONCLUSION	21
	5.1 Introduction	21
	5.2 Discussion.	22
	5.3 Endurance, agility and speed and the injury of the female players.	23
	5.4 Conclusion	26
	5.5 Recommendations	27
	REFERENCES	28
	APPENDICES	32