

UNIVERSITI TEKNOLOGI MARA

**THE COMPARISON OF PHYSICAL AND SKILLS
CHARACTERISTIC AMONG ELITE YOUTH
RUGBY PLAYERS IN MALAYSIA**

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requirements for the
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DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORTS SCIENCE AND RECREATION
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This work has not previously been accepted in substance for any degree, locally or overseas and is not being concurrently for this degree or any other degree.

This research project was the best result of my independent work and investigation, except, where otherwise states. I absolve Universiti Teknologi MARA (UiTM) and it is Faculty of Sports Science and Recreation from any blame because of my work.

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ABSTRACT

The purpose of the study was to determine the physical fitness and skills characteristic among elite youth rugby players in Malaysia. Twenty (n=20) rugby players from Sekolah Sukan Tunku Mahkota Ismail (SSTMI) and twenty-one (n=21) players from Sekolah Menengah Sains Machang (SMACH), age ranging 15 to 16 years old were recruited in this study. The anthropometric measurement Body Mass Index (BMI), physical fitness; power, agility, speed and maximal aerobic power and lastly for the skills characteristic; general, defending and evasion skills were measured. The results showed that there were no significant difference on power, maximal aerobic power, general skills and defending skills however there were significant different on agility, speed and evasion skills between SMACH and SSTMI. In conclusion, the physique and training volume influenced the results showed on this study where SSTMI showed better results in all testing components.

Keywords – Rugby union, anthropometric, physical fitness, skills characteristic.

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