

UNIVERSITI TEKNOLOGI MARA

**FITNESS PROFILING ON DIFFERENT
POSITIONS AMONG MALE HOCKEY
PLAYERS IN PAHANG SPORTS SCHOOL**

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Thesis submitted in partial fulfillment
of the requirements for the degree of
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AUTHOR'S 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 Post Graduate, 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 differences of body composition, strength, power, speed, agility and VO₂ max between positions among field hockey players. Several players from Pahang Sports School from each position (n=35) were selected thru purposive sampling technique and they will be divided into 3 groups according to their positions. Anthropometric measurements were conducted and followed by other fitness components. The components were measured using BIA (Body Fat Percentage), Handgrip Strength Test (Strength), Standing Broad Jump (Power), T test (Agility), and Beep Test (VO₂ max) respectively. Statistical analysis of One – Way ANOVA was applied for the comparison between groups. There were no-significant differences in term of Body Composition, Handgrip Strength Test, Standing Broad Jump, Agility T Test, and Beep Test among three groups. Hence, it was concluded that body composition, strength, power, agility, and VO₂ max showed no differences among the three positions.

Keywords: Field Hockey, Body Composition, Strength, Power, Agility, VO₂ max, Positions

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