UNIVERSITI TEKNOLOGI MARA

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KAMPUS ARAU

THE EFFECTS OF POST WARM-UP RECOVERY TIME ON JUMPING PERFORMANCE

AINUN AJEERAH BINTI ABD.HALIM

Research Project submitted in partial fulfilment of the requirement for the degree of

Bachelor of Sports Science (Hons.)

Faculty of Sports Science and Recreation

January 2019

AUTHOR'S DECLERATION

I declare that the work in this research project was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicate or acknowledge as referenced work. This research project has not been submitted to any academic institution or non- academic institution for any degree or qualification.

I, hereby, acknowledgement that 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	:	Ainun Ajeerah Binti Abd. Halim
Student I.D No	:	2016709847
Programme	:	Bachelor of Sports Science (Hons.)
Faculty	:	Sports Science and Recreation
Research Project Title	:	The effects of post warm-up recovery time on jumping performance
Signature of Student	:	……
Date	:	January 2019

The Effect of Warm-Up Recovery Time on Jump Performance.

Ainun Ajeerah Binti Abd. Halim[1]

Nurul Afiqah Binti Bakar[2]

Faculty Of Sport Science And Recreation, Universiti Teknologi MARA, Perlis[1, 2]

ABSTRACT

A warm up is a routine for an athlete doing before start the training and competition. The body physiologically has potential to improve performance and the effectiveness of warm-up on performance influenced by warm-up intensity, duration and the recovery time between warm-up and the event. However, there is restricted evidence of recovery time on jumping performance. The aim of this study was to investigate the effects of post warm-up recovery time on jump performance. This study is a repeated-measures study design consists of different recovery time as exposures. Fifteen male trained athletes were recruited. Participants exposed to five exposures, no rest, 5 minutes of recovery time (5 RT), 10 minutes of recovery time (10 RT), 15 minutes of recovery time (15 RT), 20 minutes of recovery time (20 RT) of post warm-up. Participants performed a general warm-up of 10-15 minutes jogging at self-pace and five exercise of dynamic stretching before undergo the recovery time exposure and proceed to countermovement jump. Participants underwent 72 hours recovery period before the next exposure. Participants completed the exposure in a randomized order. The data was analyzed by using one-way ANOVA with repeated-measures. As results, 5RT (15.75%) had significantly improved jump performance ($p \leq 0.000$) when compared to control. The jumping performance of no rest and 10RT were significantly slower compared to 5RT with 13.97% ($p \leq 0.000$) and 11.29% ($p \leq 0.000$). The possible reason 5RT is suitable to improve sprint performance might due to shorter period that helped in maintain an elevated core temperature compare to longer rest period. In conclusion, the present study found that 5 minutes of post warm-up recovery time is the most effective recovery time for jump performance.

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