

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF CORE STABILITY EXERCISE AND
COMBINATION OF ULTRASOUND THERAPY AND
CORE STABILITY EXERCISE ON SELECTED
PHYSICAL FITNESS COMPONENT AMONG ELDERY**

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Research Project submitted in partial fulfilment of the requirement for the
degree of Bachelor of Sports Science (HONS.)

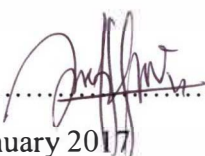
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AUTHOR'S DECLARATION

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COMBINATION OF CORE STABILITY EXERCISE WITH ULTRASOUND THERAPY AND CORE STABILITY EXERCISE

ABSTRACT

The purpose of this study was to determine and compare the effect of different intervention on selected physical fitness component such as flexibility, strength and balance among elderly. Fifteen elderly people were selected to perform two different type of intervention which consist of combination of core stability exercise with ultrasound therapy and core stability exercise. The participant were chosen by using purposive sampling technique and perform the intervention given for four weeks, once in every week. The pre test were conducted at the first week before they done the intervention and post test were conducted at week four at the end of intervention period. The test conducted was sit and reach for flexibility, lateral flexion for strength test and functional reach test for balance. The data analysis used is Paired T test in order to see the effectiveness of combination of core stability exercise with ultrasound therapy and core stability exercise toward flexibility, strength and balance. Meanwhile, One Way Anova is used in comparing which of these group is better. The result of this study found that combination of core stability exercise with ultrasound therapy on flexibility among elderly shows significant effect($p=0.045$) but there is no significant in strength and balance ($p=0.208,0.152$). Core stability exercise show significant effect in flexibility and strength ($p=0.004,0.034$) while no significant effect on balance ($p=0.224$). In comparing the group, combination group has significant in strength more than core exercise ($M=-1.60000$) with p value = 0.027.

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