

UNIVERSITI TEKNOLOGI MARA

**COMPARISON ON SPEED AND
CARDIOVASCULAR ENDURANCE
BETWEEN MALE HOCKEY AND
FOOTBALL PLAYER**

ASYRATUL NADHIRAH BINTI AZIZAN

2015145043

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AUTHOR'S DECLARATION

I, Asyratul Nadhirah binti Azizan hereby declare that this thesis is the result of my own investigation, except where otherwise stated. Other sources are acknowledged by proper citation giving explicit references and a bibliography is appended. Neither the Universiti Teknologi MARA (UiTM) nor the Faculty of Sport Science and Recreation, UiTM is liable to be blamed for any false report or any disclosure of classified made by me.

Name of Student : Asyratul Nadhirah binti Azizan
Student I.D No : 2015145043
Program : Bachelor of Sport Science (Hons.) (SR 243)
Faculty : Faculty of Sport Science and Recreation
Thesis Title : Comparison on Speed and Cardiovascular Endurance between
Male Hockey and Football Player

Signature of Student:

Date : January 2018

ABSTRACT

Nowadays, football and hockey has been seen as the most popular sports in the world. Physical fitness of a player depends on the nature of his game and also external conditions. Cardiovascular endurance is one of the most significant components of general physical fitness while speed is one of the most significant biomotor abilities required in sports. Both speed and cardiovascular endurance represents the ability of aerobic and anaerobic system of the body. Prior to that, the purpose of this study was to compare the speed and cardiovascular endurance between male hockey and football player. Moreover, sixteen male hockey and football player from SMK Seri Kota, Melaka participated in this study. The sample undergoes 50-meter sprint test to measure the speed while Bleep Test was done to measure the cardiovascular endurance. The end result revealed that the mean score scores for speed in male football player ($M=7.66$, $SD=0.31$) and the speed in male hockey player was ($M=7.88$, $SD=0.49$) conditions, ($t=-1.56$, $p=0.07$). For the cardiovascular endurance, it was found that the mean scores for cardiovascular endurance in football players ($M=1.28$, $SD=1.00$) and the cardiovascular endurance in hockey players ($M=8.81$, $SD=1.54$) conditions, ($t=3.20$, $p=0.02$). This research study showed that there was no significant difference on speed while for cardiovascular endurance, it was found that there was a significant different between male hockey and football player. In a nut shell, this study can be concluded that football players were better than the hockey player in both speed and cardiovascular endurance.

Keyword: *speed, cardiovascular endurance, football, hockey*

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