

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF EXERCISE INTENSITY
ON APPETITE RESPONSE AMONG
OBESE INDIVIDUALS**

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Thesis submitted in fulfillment
of the requirements for the degree of
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Faculty Sport Science and Recreation

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AUTHOR'S DECLARATION

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

I, hereby, acknowledge that 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

Obesity is a common problem that increasing rapidly in developing countries. This study examined the effect of different exercise intensity on appetite among obese individual. They were assigned into 3 exercise intensity which is low intensity (50% of HR_{max}), moderate intensity (70% of HR_{max}) and high intensity (90% of HR_{max}). Subjective rating questionnaire were distributed during pre-test and post-test experimental. Mixed Between-Within ANOVA was used to examine the differences of appetite response with different exercise intensity. Results indicated that no significant interaction between the experimental groups across the experimental sessions. There were significant main effect (low intensity and high intensity) for experimental session were found ($p=.013, p=.004$). In conclusion, there is no superior effect of different exercise intensity on appetite response especially in acute exercise setting.

Keyword: *Exercise intensity, appetite, obesity*

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