

UNIVERSITI TEKNOLOGI MARA

THE COMPARISON OF FOOTWEAR
AT EACH LEVEL OF INTENSITY
DURING BABRBELL BACK SQUAT
AMONG WEIGHTLIFTERS

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AUTHOR'S DECLARATION

I declare 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 Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

This study are try to investigate the Rate Perceived of Exertion at each level of intensity during barbell back squat among weightlifters. Weightlifting is a well-known sport and footwear condition is becoming a growing concern. Proper footwear condition is very important for the athletes to prevent them from getting any serious injuries or any prolong health problems (Chandler & Stone, 1992). This study is based on the data obtained from an experiment that was conduct using weightlifting shoes and normal training shoes. The findings of this study showed that there is significance difference on Rate Perceive of Exertion at each level of intensity during barbell back squat ($p < 0.05$). The result of the study suggested that weightlifting shoes is the most suitable footwear condition among weightlifters during barbell back squat. It is hope that the study can contribute to the performance of weightlifters to their training or competition.

Keywords: Weightlifting shoes, Rate Perceived of Exertion, Barbell Back Squat

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