

UNIVERSITI TEKNOLOGI MARA

**COMPARING PERFORMANCE DURING
EVENING AND NIGHT SESSION AMONG
MEN HOCKEY PLAYERS AT SEKOLAH
MENENGAH SAINS TUANKU MUNAWIR**

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Research Project submitted in partial fulfillment of the requirements for the
degree of Bachelor of Sport Science (Hons)

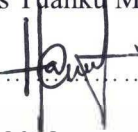
Faculty of Sports Science and Recreation

July 2018

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 the result is fully on my own work, unless otherwise indicated or acknowledge as referred 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

Time of a day is a main factor that influences the optimization of athlete performance. The objective of this study is to identify training time that will be more effective in enhancing athlete performance. A comparative study involving 12 participants (n=12) was carried out. The participant was selected using purposive sampling technique. The subject ages 15 years old and men hockey players. The subject underwent three physical fitness tests in two sessions; first session was held in evening (4.00p.m.) and second session held in the night (8.00p.m.). The test is vertical jump test (Power), Illinois agility test (Agility) and bleep test (VO₂max). The duration of data collection was two weeks. All subject underwent familiarization. Start with vertical jump test there are given, Illinois agility test and bleep test. The rest period between test are 3 minutes to 5 minutes. The finding of this study indicates that there was a significant different between comparing the effect of evening training on agility among men hockey players. However, there are no significant difference between comparing the effect of evening training and night training on cardio endurance and power among men hockey players at SM. Sains Tuanku Munawir. In conclusion, agility performance showed pattern of improvement in evening training.

Keywords: Aerobic test, Anaerobic test, agility, power. VO₂max

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