UNIVERSITI TEKNOLOGI MARA

THE EFFECT OF STATIC AND DYNAMIC STRETCHING ON PEAK POWER IN JUMPING PERFORMANCES

AHMAD AZRA'E RISHAL BIN AHMAD RISHAL

2016331699

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

Faculty of Sport Science and Recreation

January 2019

ABSTRACT

The purpose of this study is to investigate the effect of static and dynamic stretching on peak power in jumping performances among volleyball player. A total of twenty-one subjects (N=21) from UiTM Seremban 3 volleyball team were selected through purposive sampling. The study compared the effect between static stretching and dynamic stretching on peak power in jumping performances. All of the subjects will perform three trials for every stretching. They will perform this one stretching on each day because to have an optimal rest and it will continue at the other days for another stretching. Vertec is the instrument that will used to find the height of the vertical jump and Sayers formula is used to identify the amount of peak power. This study will use One Sample T-test and Paired Sample T-test. The first hypothesis testing is significant effect of static stretching on peak power M=5245(SE=132.2). The second hypothesis is significant effect of dynamic stretching on peak power M=5352(SE=144.370). The third hypothesis is significant between static and dynamic stretching in peak power M=106.9 (SE=31.29). The last hyphotheses is to find the correlation between static and dynamic stretching M=106.9(SE=31.29).The overall result also indicated that dynamic stretching (M = 5352, SE = 144.370) was better than static stretching (M=5245, SE = 132.2). To conclude, this finding suggests that dynamic stretching will produce greater amount of peak power and will help in improving the jumping performances.

KEYWORDS: Volleyball, Static stretching, dynamic stretching, Peak power, Vertical Jump

TABLE OF CONTENT

CHAPTER THREE: RESEARCH METHODOLOGY

CHAPTER FOUR: RESULTS

CHAPTER FIVE : DISCUSSION, CONCLUSIO N AND RECOMMENDATION

LIST OF TABLES