

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF POWER TRAINING AND STRENGTH
TRAINING AMONG NOVICE VOLLEYBALL ATHLETE
AT SEKOLAH MENENGAH KEBANGSAAN JENGA 12**

MOHAMED SHAFIRUL BIN MOHD KHAIRUL AZWA

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ABSTRACT

The purpose of this study is to investigate the effect of power training and strength training among novice athletes at Sekolah Menengah Kebangsaan Jengka 12. A total of twenty subjects from Sekolah Menengah Kebangsaan Jengka 12 were selected through purposive sampling. This study is about effect of power training and strength training among novice athletes Sekolah Menengah Kebangsaan Jengka 12. Sample Paired T-Test was used as this study included pre- and post-test using the group of subjects. During pre-test, subjects been divided into two group which will be do a different test which is standing broad jump and 1RM back squat test. After intervention of six weeks, they performed the same test. Based on the Sample Paired T-Test result, the impact of the intervention of power training which the test is standing broad jump. The mean .44 and SD = .15. Since the value of sig(2-tailed) is 0.000 and less than the alpha value($\alpha=0.05$). The result for strength training test which is 1RM back squat test is the mean 14.5970 and SD 5.2. Since the value of sig(2-tailed) is 0.000 and less than the alpha value($\alpha=0.05$). To conclude, this finding suggests doing this training on novice athletes that from different sport and taking more subjects.

KEYWORDS: Volleyball, Power Training, Strength Training,

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