

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF POST ACTIVATION
POTENTIATION ON MUSCLE
POWER AND MUSCLE STRENGTH
AMONG FOOTBALL PLAYER
U 17**

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TABLE OF CONTENT

	Page
ACKNOWLEDGEMENT	i
TABLE OF CONTENTS	ii
DECLARATION	V
LETTER OF TRANSMITTAL	vi
AFFIRMATION	vii
LIST OF TABLES	viii
LIST OF FIGURE	ix
LIST OF SYMBOLS AND ABBREVIATIONS	x
ABSTRACT	xi
CHAPTER	
1 INTRODUCTION	
1.1 Problem statement	3
1.2 Research objective	4
1.3 Research hypothesis	4
1.4 Definition of terms	4
1.4.1 Post Activation Potentiation (PAP)	4
1.4.2 Power	4
1.4.3 Strength	4
1.5 Significance of the study	5
1.6 Limitations of study	5
1.7 Delimitations of study	5

2 LITERATURE REVIEW

2.1 Football	6
2.2 Malaysia's Professional Football League	7
2.3 Creating skilful football player	8
2.3.1 Basic requirements for creating skilful football Players	8
2.4 Sport performance	11
2.5 Relationship between strength and power with Post Activation Potentiation (PAP)	12

3 METHODOLOGY

3.1 Research design	13
3.2 Sampling	14
3.3 Testing	14
3.3.1 Power	14
3.3.2 Strength	15
3.5 Intervention	15
3.6 Statistical analysis	16
3.6.1 Parametric Testing	16
3.6.2 Non-Parametric	16

4 RESULTS

4.1 Descriptive of Subjects	17
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4.2 Comparison of power following PAP	18
4.3 Comparison of strength following PAP	19
5 DISCUSSION	
5.1 The effect of PAP on muscle power	21
5.2 The effect of PAP on muscle strength	22
6 CONCLUSION AND RECOMMENDATION	
6.1 Conclusion	24
6.2 Recommendation	25
REFERENCES	26
APPENDICES	31

ABSTRACT

This study was conducted in order to investigate the effect of Post Activation Potentiation in muscle power and muscle strength among football player age U17. Twenty three football players performed in this study. These tests are pre-experimental design. Each subject followed the intervention for 4 weeks. The test is Standing Long Jump (SLJ) for measuring muscle power and 3RM Back Squat (BS) for measuring muscle strength. Subject need to perform pre-test and post-test in this study. Paired Sample T-Test was used to see the significant of SLJ. However, 3RN BS test use Wilcoxon Signed Rank test to see the significant. Statisal analysis showed both power and strength were significant ($p < 0.05$) after 4 weeks of PAP training. Therefore, PAP training seem giving an improvement to power and strength for football player.

Keywords: *Post Activation Potentiation, Strength, Power, Football player, Effect*