UNIVERSITI TEKNOLOGI MARA PAHANG

EFFECT PRE COOLING METHOD IN WARM UP SESSION ON BODY TEMMPERATURE AND AEROBIC PERFORMANCE AMONG FUTSAL PLAYER

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TABLE OF CONTENT

ABSTRACT

Before starting a training or competition start, all athletes must take a fully preparation in order to make training is perfect and can have a peak performance during the competition. The preparation of the athlete must be in terms of physical and mental. The objective of this study were to determine the effect of pre cooling method during warm up session on body temperature and aerobic performance. A total of thirty male UiTM Pahang futsal players age from 18 to 24 years old were recruited to complete this test. The subjects were randomly divide into two groups, control and experimental group. A 20m multi-stage shuttle run were given to the subject. Body temperature had been recorded for each subject before warm up, after warm up and after test. The data was analyses using SPSS statistical software. Paired t-test is used for the body temperature while Independent t-test is used for VO_2Max. The result show that the warm up from before warm up and after warm up which is control group have [t = -18.076, p = .029. A less significant change in experimental group in pre cooling before warm up and after test [t = -2.429, p < .0005. The result between warm-up and pre-cooling conducted to compare the scores for both groups for VO2Max. There was significant difference (t = 6.791, p < .0005 (two-tailed). The effect size was 0.24 eta squared which is large size effect.