

UNIVERSITI TEKNOLOGI MARA

**FITNESS PROFILE OF SILAT OLAHRAGA AND
TAEKWONDO AMONG VARSITY ATHLETE**

By

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Abstract

Silat Olahraga and Taekwondo is a combat sports that use technique of blocking, punching, kicking and maybe sweeps, tossing and lock the joint body human to score the point for win the game. The purpose of this study is to compare the fitness profile between silat olahraga and taekwondo among varsity athletes. There will be a15 silat olahraga athletes and 15 taekwondo athletes from UiTM Jengka students age from 18 to 22 years old were recruited to finish this study. The fitness tests consist of flexibility, power, speed, endurance and agility. The data was analyzes using SPSS statistical software. Independent t-test is used to asses any differences between structured and control group. The result from study showed there were significant different in agility ($p < 0.013$) and flexibility ($p < 0.003$) between two groups. As a conclusion, taekwondo exercise may improve the flexibility and silat olahraga exercise may improve agility. This is because of the scoring system in both combat sports is different and athletes needs to training to get the maximum score. From the continuous of past training that athletes has learn before this, it will give a major effect to the agility and flexibility.