



UNIVERSITI TEKNOLOGI MARA

**EFFECT OF KINESIOTAPE ON AGILITY AND JUMPING
PERFORMANCE AMONG ELITE FOOTBALL PLAYERS**

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CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF STUDY

In 1980, Kenzokase created a current elastic tape called kinesio tape (KT) (Kase K, Wallis J, Kase T, 2003). It was a very accepted medication over the previous century for some physical disease. By strengthening sensory systems, KT can also improve local circulation, relieve edema, relax muscles and recover joint function (Mervat, Nadia Lotfy, 2016). Kinesio tape is latex free and easy to dry. The kinesiotape design is thinner and more elastic from other bands, creating less mechanical and avoiding limitations on mobility caused by optimization techniques (Aguilar-Ferr, Matar, Moreno Lorenzo C, 2014). Kinesiotape has indicated that it can gain athletic performance through practices that include improving proprioception, strengthening muscle activation, reducing muscle power, altering perception, and reducing pain (Kase & Wallis, 2002).

Ankle is the most wounded region in the body, resulting in the loss of moment to participate. In this sport, ankle injury provides 15% of all injuries reported (Hootman, Dick R, Agel A, 2007), While ankle sprains are revealed to be 83.4 percent of all ankle injuries (Nelson, Collins, Yard, 2006). This injury occurs because there is too much flexion and inversion in the legs.

CHAPTER 2

LITERATURE REVIEW

2.1 KINESIOTAPE

Kinesiotape was introduced by Kenzo Kase in 1980 (Kase K et al 2003) and has been a very popular treatment for people injuries over the last decade. Japanese Chiropractor created this tool in 1970 (Kase K et al 2003). It is a known clinical adhesive tape used to avoid injury, enhancement in recovery and effectiveness (Thelen et al 2008). It also varies from the traditional white sports model because it has skin-like elastic characteristics and can be renewed up to 40%-60% of the actual length (Halseth, 2004). This stretching level is connected to individual skin's flexible properties and is not suitable for straight stretching (Kase K et al 2003). Kinesiotape is elastic, which might raise local circulation, decrease edema, promote or relieve muscle, and enhance joint function by altering sensory systems (Mervat A. Mohamed et al., 2016). KT can provide some short-term pain-related advantages and multiple cervical movements of the arm and shoulder, and tapes can influence muscle activation levels. Kinesiotape also increases ankle function capacity depending on its impact on proprioception and physical assistance muscle activation (Briem K et al, 2011).

CHAPTER 3

METHODOLOGY

3.1 INTRODUCTION

This chapter will describe the method of the research and how the researcher conducts the study. It will include the research design, population, sampling method, instrumentation used, and data collection method and data analysis.

3.2 RESEARCH DESIGN

This study is a pre-experimental design that includes one-group pre-test and post-test design to determine the effect of kinesiotape on agility and jumping performance among elite football players. This study consist two treatments for every test. The first treatment was without application of KT and second treatment was using application of KT.