THE EFFECT OF DYNAMIC STRETCHING ON PERFORMANCE MEASUREMENT AMONG BADMINTON PLAYER IN FACULTY OF EDUCATION, UNIVERSITI TEKNOLOGI MARA

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DECLARATION

“I hereby declare that the work of this thesis is mine except for quotations and summaries, which have been duly acknowledged.”

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"In the name of God, Most Gracious and Most Merciful”

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THE EFFECT OF DYNAMIC STRETCHING ON PERFORMANCE MEASUREMENT AMONG BADMINTON PLAYERS IN FACULTY OF EDUCATION

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ABSTRACT

This study focuses on the type of dynamic and static stretching that demonstrate the effectiveness toward body power, flexibility and speed. The purpose of this study was to identify the effectiveness of dynamic stretching toward badminton player especially. Research aims to investigate the performance of the badminton players after and before implementing dynamic and static stretching so as to know the effects of dynamic and static stretching. This study was conducted in two different days of the implementation the both types of dynamic and static stretching for pre and post-test. Results showed that dynamic stretching provide more advantages toward each type of training as determined during the test. This study hopes to provide information and assist the players, coaches, teachers and anyone concerned to choose the stretching techniques either dynamic or static stretching that can contribute to improvement in sport performance.
KAJIAN TENTANG KESAN REGANGAN DINAMIK TERHADAP PENGUKURAN PRESTASI KEPADA PEMAIN BADMINTON FAKULTI PENDIDIKAN

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ABSTRAK

Kajian ini memfokuskan tentang jenis regangan iaitu dinamik dan statik yang menunjukkan keberkesanan yang berbeza terhadap fleksibiliti, kekuatan otot dan kelajuan. Tujuan penyelidikan ini adalah untuk mengkaji sejauh mana keberkesanan regangan dinamik sebelum melakukan aktiviti sukan badminton. Penyelidikan ini juga bertujuan untuk mengkaji tahap prestasi pencapaian pemain dalam sukan badminton selepas melaksanakan regangan dinamik dan statik seterusnya dapat mengetahui antara regangan dinamik dan statik yang manakah menunjukkan tahap keberkesanan yang lebih baik selepas mempraktikkannya. Kajian ini telah dijalankan dalam dua hari yang berbeza dengan perlaksanaan ujian sebelum dan selepas regangan dinamik dan statik. Hasil kajian ini menunjukkan regangan dinamik memberi banyak kelebihan kepada setiap ujian fizikal yang telah dijalankan. Dengan adanya kajian ini diharap dapat memberi maklumat dan membantu para pemain, jurulatih, guru dan sesiapa yang berkenaan untuk memilih teknik regangan sama ada dinamik atau statik yang boleh menyumbang kepada peningkatan dari segi kecergasan tubuh badan semasa melakukan aktiviti kesukanan.