

Sport science students' fitness level at University Malaysia Sabah

Abstract

Physical fitness is a combination process of physiological aspect, biochemical, psychology, social and methodology of training which will construct to the level of high performance. Because it is important for individual to have a good level of physical fitness, so it will be consider to make some research on the population of students which are first year student who takes a Degree in Bachelor of Sport Science Intake 2005/2006 in University of Malaysia Sabah (UMS). The general fitness test has been done to predict a capacity of individuals in motor skills using a simple test. It is because there is no a specific set of standard to determine physical fitness in individuals, so measurement of general level fitness and ability of motor skills can been done by application of classification index which is based on age, gender, height and weight. The purpose of this study is to experiment, measure and evaluate the level of physical fitness among students of sport science based on age and gender. There are 78 students who has been involved in this physical fitness test study which are 51 male students and the other 27 are female students. There are 6 activities in this test which are 2.4 km. run, sit up, vertical jump for explosive strength, SEMO agility run, sit and reach and push up. All this test will evaluate the level of fitness from aspect agility, speed, endurance of cardiovascular, power of leg and flexibility. The results shows that the level of fitness among the first year sport science students is average.