

Physical Fitness Evaluation of MARA Junior Science Collage Rugby Player

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Abstract : Athletes at the school should have good physical fitness to participate in tournament. Currently, there are no standards for the level of physical fitness for MARA Junior Science Collage (MJSC). Therefore, this research is to determine the level of physical fitness of rugby player at MJSC. A total of 62 samples (age 16.4 ± 0.75) among rugby players at MJSC were randomly selected to participate in this study. Height, weight, body fat percentage, body mass index (BMI) and other physical testing are measured and recorded. The results showed that the average of body mass index (BMI) for rugby players is 23.4 ± 4.51 . Body mass index (BMI) of rugby players can be categorized as pre-obese based on World Health Organization (WHO) guidelines. BMI for rugby players was categorized as healthy based on body fat ranges for standard adults at NY Obesity Research Center. Bleep test results show that the average Bleep test is level 7 and shuttle 5; average VO₂max was 37.94 L/min. Physical fitness and performance of rugby players at MJSC is lower compared to the rugby junior athletes in University Putra Malaysia (UPM). Therefore, physical fitness of rugby players must be improved to ensure the rugby players at MJSC could be performs better in the tournament.

Keywords : physical fitness, MARA junior science collage (MJSC), body mass index (BMI), bleep test

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