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Research paper

Developing Physical Fitness Norms for Measured Physical Fitness Among Army Reserve Officer Training Unit Cadet

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Abstract

The purpose of this study is to develop norm for body health fitness among Army Reserve Officer Training Unit Cadet Malaysia (RO-TU). Seven selected physical fitness test battery will be used to the subject to develop the norm through this study.443 respondent (N=443) which male 212 (N=212) and female 231 (N=231) will be selected to this study including ROTU unit cadet of National Defence University of Malaysia (NDUM). 2.4 km run, push up 1 minute, sit up 1 minute, standing long jump, sit and reach, speed 30 meter and height and weight will be used as a instrument for this study. The quantitative research design with quasi experiment will be use in this research as a methodology. The methods of Quasi-experimental that will be adopted is to evaluate and measure the volume of body well-ness and develop the norms. The pre and post-test will be used in this quasi-experimental study. The quasi-experimental research design in this study is the information is collected through the test when the practical session. The information will be analysed using the SPSS software version 20 to calculate the mean, standard deviation, percentage and percentile for develop health wellness norm for Malaysian ROTU unit Cadet. The effect of this research the subject can justified their level of fitness.

Keywords: *NDUM, norm, level, ROTU.*

1. Introduction

Physical fitness is an aspect that involves a comprehensive health of the human body. It encompasses physical, emotional, spiritual, intellectual and social aspects. Physical fitness is vital in the in-creasing and expanding life of this century.

The people view that the person involve in sports only need the good fitness is totally wrong [1]. The essential implement must considered every person is weakening body shape will effect of the limit of person cognitive and community perspectives. It addi-tionally implied, as it were, wellness in base size were impact the cognitive capacity and respond to different ways.

Fitness is the capacity to rival an adjusted and complete life [2]. In any case, it likewise includes the entire community, mental well-ness and body function were controlled with condition, genetics, qualities and way of life. Physical wellness exercises are the rep-resentation of learning characteristics and qualities contained in the educational programs [3].

It is for the most part understood that furnished constrained re-quire a particular level of all things considered or complete the wellness to found the body solicitations of battle. Bouncing, crawling, stopping, starting, hopping, run from cover to cover, passing on overpowering weights long divisions, and up 'til now having the ability to complete the present mission address of little summary with essential endeavors place down an outfitted con-strained. The fundamental significant quantifiable health elements incorporate versatility, energy, perseverance and stretch [4].

The person component and health wellness from army people has reliably ensure remain to champion among the qualities basic targets of the country protect in the scope of army in the earth, regardless predominant and change the advancement of weapons [5-6].

Over the contribution at the past, suggests health planning is the magnificent importance, between getting ready of the army offic-ers for productive command and summon.

Health wellness is an essential point to be wellbeing to military and safety agencies [7]. The safety powers ought to be an abnor-mal state of health wellness because of the activity of physical action performed amid military activities and in war [8]. Observ-ing of the health wellness volume of the security and military are imperative from an execution perspective, and furthermore to survey their battle ability.

2. Problem Statement

Health wellness norms are the measure that can be utilized to help decipher the health wellness volume of an individual in a games abilities [1]. Physical Fitness norms can enable mentors to study army health execution volume of health wellness armed force who took an interest in health exercises. Between health norms likewise, armed force physical mentor can distinguish the qualities and shortcomings of army administrator that perform at Malaysian military.

Learning of the health wellness volume of army administrator will help armed force health wellness mentors give proper military preparing to expand the volume of health wellness for a army administrator. Creating health wellness standards amid Malaysian army administrator introduce to see and keep up the execution volume of health wellness and Malaysian army authorities.

Trouble acquiring a health wellness standards guide our nation as yet utilizing assessment that do not have a proper strategy to estimating the execution of health wellness. It make real issues to the Physical Trainer of the military. Up until now, no health wellness standards to embrace for deciding the volume of health

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wellness accomplishment armed force officer in Malaysia. Up until this point, no assessment strategies and health wellness standards can be showed and actualized in the Malaysian army.
Up until now, the army administrator who experienced health preparing or health wellness can't realize the execution volume of health wellness in light of the fact that their execution isn't estimated and assessed deliberately. Physical coach of the military are not fruitful utilizing a reliable estimation tests in light of the fact that there is no Physical Fitness standard norms, along these lines accomplishment assessment grade is not ready to show the volume of health wellness to the genuine army administrator.
In this way, the researcher intend to research the volume of health wellness among the ROTU Cadet in Malaysia through the advancement of a health wellness standard for Army ROTU Cadet. The objectives for this research to build health wellness norms through the selected fitness test battery.

3. Method

This research will be directed a quantitative design as a quasi-experiment with pre and post-test based on practical test in the field [9]. Quasi-experiment techniques that will be utilized to quantify and assess the volume of physical wellness and create health wellness standards norms. This exploratory investigation will utilize a physical wellness test battery that best suits the activity.
Population that will be used to get the data from this study is Malaysian ROTU unit Cadet aged 19 to 21 years. The sample will used a purposive sample was the student NDUM who involve in ROTU unit cadet of National Defence University of Malaysia aged 19 to 21 years. A total 443 male and female ROTU cadet will be selected as a samples. The aim in this research is to build a norms of health wellness between ROTU Unit Cadet, NDUM Malaysia.

Table 1: Instrument for this study

Physical Fitness Component	Test Battery
Cardiovascular endurance	2.4 km run
Muscle strength	Push up (1 minute)
Muscle endurance	Sit up (1 minute)
Flexibility	Sit and reach
Power	Standing long jump
Speed	30 meter speed

A test research will be directed to decide the instruments validity and reliability and be utilized as a part of the research. A pilot study about is a little report in anticipation of a bigger report or major. The principle reason for this test research was to decide the instrument validity and reliability. This test research contemplate is additionally a pre-test to attempt an extraordinary instrument.
This exploration were direct a test research to assess the reliability and validity of the health wellness test battery chose for framing the health wellness standart norms gauges for ROTU Unit Cadet Malaysia. This research will utilize the assessment redundancy to get the coefficient of reliability. A total of 30 army young trainees officers of National Defense University of Malaysia are not the research sample utilized as a consider of test research. In this investigation, the goal of the test research is to guarantee the reliability and validity of the test of the fitness battery shaped files standart physical wellness standard of Malaysian military.

4. Analysis and Discussion

All natural data that will be will be collected and analyzed using SPSS version 2.0. The data gathered is analyzed to get score of mean, standard deviation, percentage and percentile by using the fitness test battery. It also for build health norms for ROTU unit cadet.
This research will be use a battery of physical fitness test run 2.4 km to cardiovascular endurance, push-ups 1 minute for muscle strength, sit-ups 1 minute for muscular endurance, sit and reach for flexibility and standing long jump for power.
Data analysis will include a few stages of putting away information, seclude the information, make figurings and data analyse. All the measurement in the battery test will be gathered and listed. Modifications information of wellness assessment will beimplemented to guarantee of information is finished and as per set up methodology. Auxiliary of information of the research is a score and the information is a base of design in the quantitative way.
Anova test will be utilized to see the distinction between physical wellness in all periods of the sample. The accomplishment volume of health wellness of samples will be examined by taking a gander at the test information by Malaysian ROTU Unit Cadet Malaysia amid implementation of fitness battery.
In this study, researcher has set three parts of the assessment that must be passed by the samples. Firstly is a part of pre evaluation, the instruction will be given by the researcher to a chose test of the motivation behind this assessment is done.
Secondly is a part of evaluation, the sample will be divide into three group three groups in light of age between 19 years to 21 years old on ROTU Unit Cadet Malaysia will be chosen arbitrarily. The reseacher make two parts to complete the evaluation in this three groups. To begin with, the analysts will convey structures to test score test that are necessary to load in the neccessary data and the next is a researcher will portray how the assessment will be done at the samples.
Thirdly is a assessment method will be finished by doing all the test battery to be estimated by the segments of wellness. Analysts will investigate the information after the test battery taken from estimations make amid the pre and post-test. Researcher will investigate the information to decide the wellness of the samples volume.

5. Conclusion

Wellness of physical is mostly embodying body, cognitive, spiritual, intelligent, non-secular and community aspects. It could be a universal conception that permits people to measure higher, dynamic and assured. Consequently, wellness of physical is extremely necessary for an individual's wellness during this additional modern age. Decline the vigor of the individual can provides an actual effect in human community factors. In other words, lack of physical activity can cause adverse effects on mental surgery and environmental contact.
The capability of spot the achievement of condition will profit human to decide on kind of leisure and profession interest. Via the outcome of the check and mensuration, permitting physical trainer and sports science coaches use condition achievement data for a beginning to putting teams of people supported definite condition volume throughout a coaching meeting ongoing. Data of the performance of individual condition will facilitate sports science coaches and physical trainer to style methods and strategies were productive when convey coaching in game sessions.
This research are going ready to ascertain good condition norm against the Malaysian ROTU Unit Cadet conferring to the Malaysian demographic factors. Actually, this research additionally, want assist physical trainer in military to evalute the extent of good condition among Malaysian ROTU Unit Cadets particularly within the National Defense Universities of Malaysia. Through the institution of a customary good condition norm, it will improve the standard of good condition volume through military administrator, particularly the Cadet Administrator of ROTU Unit. Not solely that, the health trainer of military will arrange and determine the kinds of coaching consistent with Cadets Administrator of ROTU Unit.

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