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UNIVERSITI
TEKNOLOGI
MARA



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Cabaran Semasa Pengusaha Gimnasium Komuniti Di Pasca Pandemik Covid-19 Dan Cadangan Inisiatif Pembangunan Semula Industri Gimnasium Di Malaysia

Mohd Azlan Mohd Supian

ABSTRAK

Kajian ini dijalankan oleh Persatuan Pengusaha Gimnasium Malaysia berdasarkan dua peringkat tinjauan diatas talian pada bulan Mei 2021 dan pada September 2022. Sebanyak 20 soalan diajukan kepada 150 pengusaha gimnasium terpilih dimana dua set jawapan yang diperolehi dalam tempoh 16 bulan ini dijadikan perbandingan untuk meneliti dan memahami daya tahan sesebuah perniagaan gimnasium di pasca pandemik Covid-19.

Kajian ini telah mengenalpasti situasi semasa dan cabaran yang sedang dihadapi oleh pemain industri dalam usaha memulihkan kembali perniagaan masing-masing. Laporan ini turut mebentangkan beberapa faktor penyebab yang menentukan ketahanan sesebuah perniagaan gimnasium dan cadangan inisiatif yang boleh dijalankan secara usahasama diantara pemain industri, institusi kewangan, agensi kerajaan dan pihak swasta bagi memangkin perkembangan sihat sektor gimnasium komuniti sebagai pemacu utama pembangunan industri sukan di Malaysia.

The Malaysian Sport Industry- Key Strategies to Resuscitate the Economy Post Covid-19

Nur Jasni Mohamed

ABSTRACT

Covid-19 has highlighted how ill prepared we are, not only in sport, but as country and globally. This paper highlights some of the major issues that needs addressing and the areas to focus in the short and long term for the recovery of the sport industry. There are asp several recommendations that needs fast tracking. A key element the Government must take into account coming out of Covid-19 is that any financial recovery plans, for companies and individuals, must include a timeline of at least 3 years before any stability can be achieved.

The State of Mental Health in Malaysian Athletes and The Potential Gains in Sporting Industry

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ABSTRACT

While the importance of mental health had been advocate and promoted for many decades, the focus on mental health in athletes only gained traction around the last two decades with a rapid growth in awareness in the last decade. However, within Malaysia, mental health in athletes are not covered as widely. Research in this field only started appearing more often over the last few years. Awareness of mental health in athletes is high but the barriers to help seeking are also high. There are also limited work done within the community to improve mental health in sports and exercise. If awareness and advocacy is increased, there will be various benefit and gains for the local athletes, community and sporting industry. This presentation aims to explore the mental health state of athletes and sports within Malaysia and the potential benefits that can be gained by improving the current state

Reliability and Validity of Mobile Application for Hamstring Muscle Power among Military Cadets

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ABSTRACT

Mobile learning using information technology elements is facilitating, helping the learning outcomes of a learning process more quickly, and effectively especially in physical fitness. **PURPOSE:** The aim of this study is to develop and measure the reliability of mobile application for standing broad jump test physical fitness among Army Cadet Officers. **METHODS:** This study use standing broad jump test as a physical fitness test battery to develop mobile application and to measure the reliability of mobile application on the subject fitness. This study involve (N=30) respondent was selected from Army Cadet Officers of National Defense University of Malaysia (NDUM). Standing broad jump test and mobile application was used as an instrument for this study. This study is quantitative research in the form of a quasi-experiment. This study uses the test-retest method to obtain the reliability value of the test of mobile application used as a research instrument. The reliability of the test is to measure the consistency of the reliability of mobile applications test measured over time. The study design is quasi-experimental research design in which the data is obtained through the practical test in the field. The data were analyzed by using the SPSS software version 20 to calculate the mean, standard deviation and Pearson Correlation for measure the reliability of mobile application use in fitness test, for NDUM Army Cadet Officers. **RESULT:** The findings showed the correlation coefficient between the first test score of the use of mobile application for standing broad jump and the second test score of the use of mobile application for standing broad jump is significant ($r = 0.92$, $n = 30$, $p < 0.001$). The results of the study found that the value of Pearson correlation coefficient for both tests was $r = 0.92$. This shows the reliability of the use of mobile applications for standing broad jump test is high and acceptable. **CONCLUSION:** The implication at this study, the mobile application used is easy to obtain results on the level of physical fitness of muscle power for NDUM cadet officers. Not only that, this mobile application only requires a mobile phone that is owned by all community and is easy to implement anywhere.

Effects of Acute Ingestion of Fresh Red Pitaya Juice Prior to Endurance Self-Paced Running Performance

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ABSTRACT

Background: Red pitaya is a fruit that is naturally rich in antioxidants and carbohydrates, making it a potential contender for a sports supplement. **Objective:** To investigate the effects of acute ingestion of fresh red pitaya juice prior to endurance self-paced running performance. **Design:** Randomised, single-blind, crossover study. **Method:** Eleven trained athletes (mean \pm SD; age: 19.3 ± 0.7 years old; body-weight, BW: 60.9 ± 5.4 kg; height: 168.9 ± 3.9 cm) performed two sessions of endurance running (20 min at 75% $\text{VO}_{2\text{max}}$, followed by a 5 km self-paced running) on a treadmill. Participants were instructed to consume either isocaloric 350 ml fresh red pitaya juice (RPJ; with 6% glucose concentration) or 350 ml glucose (GLU) 45 min prior to endurance running session. Participants then ran for 20 min at 75% $\text{VO}_{2\text{max}}$, followed by a 5 km self-paced running as quick as possible. Before and immediately following the endurance running session, the blood glucose and lactate levels were assessed while the fluid sensation scale (FSS) was assessed immediately after ingesting the RPJ or GLU. **Results:** Although the completion of endurance self-paced running was 26 secs faster during the RPJ trial compared to GLU trial, this difference was small and not significant ($p > 0.05$). There were significant differences ($p \leq 0.001$) in blood glucose level and blood lactate level across time in both trials without any significant differences between trials. There were also no between trial differences in FSS measurement. **Conclusion:** Acute ingestion of fresh red pitaya juice prior to endurance self-paced running performance showed similar results on endurance running performance, blood glucose level, blood lactate level and fluid sensation scale among trained athletes. Therefore, fresh red pitaya juice works as effective as glucose beverages in maintaining endurance running performance. Future research is warranted using larger samples as current study showed an improvement performance pattern.

Keywords: ergogenic aid, nutrition, fatigue, supplements, time-trial performance

The Influence of Knowledge, Skills, and Abilities on The Competency of Fitness Centre Managers

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ABSTRACT

Purpose: This study was to identify the critical nature of knowledge, abilities, capabilities, and competencies in the management of fitness centres in Malaysia. This study is significant from a broad perspective for the development and growth of the fitness industry, particularly in Malaysia, as well as for the agencies and departments responsible for policy formulation. **Method:** The researchers gathered data through quantitative methods, interviewing a total of 600 managers of fitness centres in the Federal Territory of Kuala Lumpur, Putrajaya, and Selangor, the focus of fitness centres. **Result:** The study's findings indicate that the majority of managers view knowledge, skills, abilities, and competencies as 'critical' or 'very critical' to ensuring the quality management of fitness service provider centres. **Conclusion:** Each fitness centre manager must possess specific elements within the variables or components of knowledge, skills, abilities, and competencies. The success of fitness centre managers is no longer solely dependent on fitness knowledge. but they must also fully comprehend the importance of management skills such as marketing methods, operational operations, and financial management, as well as other issues affecting their fitness centre. This study recommends in order to provide top quality services and run an efficient organisation, each manager must have a strong knowledge base, capabilities, and competences. A manager must have the capacity to produce high-quality products or services, the ability to sell and advertise items as well as an understanding of customers' capacities as well as the ability to manage a company's finances.

Keywords: fitness centre, competencies, manager, skills, abilities and knowledge.

Monitoring Training Load using Wearable Device in Elite Football

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ABSTRACT

A systematic and constant assessment of monitoring training load (TL) during football training and matches using wearable device (Global Positioning System, GPS) has been vastly utilised especially in professional elite players. This application consists of a combination of external (estimation of players work performed e.g., total distance, high-speed running distance, number of sprints etc.) and internal (estimation of players physiological response of this work e.g., heart rate) monitoring approach. TL monitoring may provide advantages for coaches to analysed, design and modify training sessions based on individual player, playing position, and team tactics. Previous recommendations also have emphasized the significant of monitoring TL to reduce the risk of injury. Various issues and challenges exist for coaches to implement the technology-research based approach to applied setting. This commentary outlines applied views on the practical applications of TL monitoring related with ideal choices data metrics, data analysis and reporting using GPS in elite football.

Keyword: *training load, football, GPS*

Development Of Leadership Skills: A Perspective Through Outdoor Recreation Program

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ABSTRACT

In the current era of global challenges, there is a greater need for the young generation and youth to have strong leadership power. Development and nurturing leadership skills should be cultivated starting from an early stage. The Y.A.L.E. or Young Apprentice Leaders Program has been developed by P.U.S.K.E.P., MARA, in an effort to shape development and foster strength in student leadership. This program adapts the implementation of an outdoor recreation program for the main activity module that emphasizes the characteristics of leadership among MARA students. Methods: Evaluation of this research based on quantitative data and support by qualitative method. A pre-test and post-test approach were utilized among respondents using a modified version of scale for leadership. The findings indicated positive impacts of Y.A.L.E (outdoor education camp program) perceived to leadership after completing 5 days' camp program. The results lead to research in the assessment of internal factors in an outdoor cam program that provides useful information on the effect of intervention and the implications for enhancing the leadership of the participant.

Keywords: Leadership, Outdoor Education Program, Program Evaluation

Kajian Pengetahuan, Sikap dan Amalan (KAP) Terhadap Program Green Healthy Politeknik Sultan Idris Shah

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ABSTRACT

A healthy lifestyle is any action performed to guarantee that an individual or self is in a healthy condition and a decent degree of physical fitness so that a person may accomplish any activity without feeling uncomfortable. This can include eating well, exercising regularly, not smoking, and getting enough sleep. It is essential to have the knowledge, attitudes, and healthy lifestyle practises necessary to raise awareness of the need to choose a healthy lifestyle to keep one's health in good condition. In addition to this, the study is to investigate whether there is a correlation between the people of Sultan Idris Shah Polytechnic (PSIS) and the demographic variables that impact healthy living practises, including knowledge, attitudes, and healthy lifestyle practises. This research makes use of a descriptive survey that is conducted via the use of a questionnaire to evaluate the degree of knowledge, attitude, and practise of sporting activities held by inhabitants of PSIS. The research sample consisted of three hundred individuals who were chosen at random, and the information gathered was evaluated using the SPSS 25.0 programme. The findings indicate that there is a considerable connection between people's levels of knowledge, attitudes, and the healthy lifestyle habits that they engage in. This demonstrates that inhabitants of PSIS have a degree of education, an attitude, and practise a healthy lifestyle that undoubtedly qualify them to play an active part in the growth of religion, nation, and country.

Keywords: Healthy lifestyle; sports; KAP Model

Determinant Factors for Sustainability of Small and Medium-Sized Enterprises (SMEs) in Sports Coaching Business Industry in Malaysia

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ABSTRACT

Small businesses make up a major percentage of the businesses in Malaysia and provide jobs for 50% of the total population. Unfortunately, many small businesses seem to show similar patterns of failure before their fifth business' anniversary. This study to be conducted by quantitative study aims to explore the factors required by small businesses in Malaysia to sustain operations beyond the first five years in sport-coaching industry. The underlying theories are self-determinant theory and self-management competency theory. A review of the literatures focused on small business' failure and factors required to sustain a business longer than five years will be comprised of a good service quality of sports-coaching for achieving a sustainable competitive advantage and personal values of the sports coach who are passionate to conduct the effective sports coaching activity. Data collection will be conducted through semi-structured interviews of a purposeful sample of five successful sports business owners in Malaysia, who will share and describe their experiences in detailed. Then a set of questionnaires will be disseminated to 30 respondents. Data analysis strategies to be implemented in this study are correlation and regression by using SPSS software and thematic by NVivo. Factors required for small business sustainability are determined as: (a) effective strategizing, (b) flexible financial capital management, (c) human capital development (d) market positioning and sales. The expectation of the studies is to indicate that small business owners in sports business are passionate about starting up their businesses and have the necessary skills to strategize and manage capital effectively and wisely, to sustain their business beyond five years. Information derived from this study may assist small business owners in starting successful companies that supports employees, other companies, communities, and families, contributing to the development and growth of the Malaysian economy.

Customization of Insoles for Personalized Footwear

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ABSTRACT

Footwear is one of the most important aspect in daily life. Recent findings indicated that there is a need to use a suitable footwear in our daily activity in order to improve quality of life. Therefore, personalized footwear has become one of the biggest aspects in the footwear industry. Recent advancement in footwear technology helped to develop current process in producing customized insoles that will provide greater support in foot to promote better stability and reduced excessive loading at foot plantar pressure distribution. However, there was no system that is available for consumer to obtain this personalized insole with reasonable cost and time. A system consisting of 3-dimensional foot scanner and foot plantar pressure measurement system was used to capture real foot measurement and pressure distribution. This information was then utilized in designing the perfect insoles to match the shape of the foot and plantar pressure distribution. Further fabrication using EVA foam as materials of the insoles helps to provide good cushioning to the foot structure. This system is also supported with a mobile application to help customer to re-order their next personalized insoles easily.

Keywords: foot, footwear, 3D scan, insoles, customized

The Art of Coaching Behaviour on High Performance Athlete: The Mediating Role of Media

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ABSTRACT

In comparison to professions such as medicine, law, and education, sports coaching is a relatively recent occupation. Over the past several decades, the profession of sports coaching has continued to progress toward professionalisation on a global scale. Within the framework of high-performance sports, coaches play a major role in the link between coach behaviour and athlete performance. They have to direct the athletes' performances in the local and international sporting arena and are responsible for producing winning results. In addition, successful athletes need to know how to work with the media. They will be questioned before and after events, followed on social media, and frequently work with sponsors that need them to behave in a particular manner and provide them with opportunities for publicity. These standards and expectations can be exhilarating but can also have negative side effects, such as poor athletic performance if the athlete does not handle the needs properly or successfully manage the stress they cause. Hence, the primary goal of this study was to meaningfully contribute to the empirical base regarding the creation of successful high-performance athletes. As a result, this study develops and empirically examines a comprehensive model of coaching behaviour, media and high-performance athlete, which reflects a comprehensive understanding of the interactions between these factors. Researchers conducted a study by distributing a structured questionnaire to athletes in Selangor. Using Partial Least Square Structural Equation Modeling (PLS-SEM), the usable data of 70 have been analysed. The findings show coaching behaviour positively influences the high-performance athlete. Furthermore, media moderates the relationship between coaching behaviour and high-performance athlete. The results also supported the research hypotheses. This study's findings will be valuable for sports industry research, which assists sports providers in understanding the significance of coaching behaviour and media in an environment of intense sports competitiveness.

Keywords: Profession, Sports coaching, social media, PLS-SEM

Sustainability of Knowledge in Sports Organizations through Engaging Strategy

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ABSTRACT

Knowledge transfer ensures sustainable of knowledge in organizations; otherwise, knowledge loss will occur. This study explored how sports organizations manage and transfer the knowledge imparted by their coaches to the athletes for sharing purposes. It uses a process-oriented methodology (grounded theory), which is either non-existent in knowledge transfer research in sports organizations or the practice of selecting and mixing a wide range of research. The sample consisted of eight coaches working in Selangor's sports organizations who were interviewed individually for the study. The data collected were later collated, transcribed, and interpreted based on the grounded theory approach. This paper reports on engaging categories as one of the main categories that emerge during the inductive data analysis process. This study of knowledge transfer was novel as it had never been studied in sports organizations in Malaysia, and its contribution to academic research in theoretical and methodological was achieved via the grounded theory approach.

Keywords: Knowledge Transfer, Engaging, Sports Organizations

Relationship Between Coaching Leadership Behavior and Majlis Bandaraya, Melaka Bersejarah (MBMB) Warriors Fc Team Performance

Hajar Asmidar Samat, Azlina Zid, Ellail Ain Mohd Aznan, Ahmad Wafiqyuddin Ahmad Wardi, Mohd Noorazlan Ab Aziz, & Mustakim Hashim

ABSTRACT

This paper aims to identify the relationship between coaching leadership behavior and Majlis Bandaraya Melaka Bersejarah (MBMB) Warriors FC Team Performance. This study utilized an applied-correlational descriptive survey method. Purposive sampling was utilized and a total of 30 (MBMB) football players were taking part in this study as respondent. A questionnaire are used to collect the data that consists of three sections which are demographic profile, coach leadership behavior and generic team performance assessment. Result of Pearson Correlation showed that there is a significant relationship between democratic behavior towards team performance in decision making process, positive feedback towards team performance of the players felt part of the team, and training and instruction towards team performance of all the players involved equally with (r) 0.689, $p = 0.000$, (r) 0.688 $p = 0.000$ and (r) 0.680, $p = 0.000$ respectively. It is suggested that coaches need to reassess their coaching style and behavior as they can impact on team performance.

Keywords: leadership behavior, team performance, coaching

Tinjauan Faktor Kritikal Kejayaan Penglibatan Syarikat Perniagaan dalam Indusri Sukan di Malaysia

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ABSTRAK

Industri sukan merupakan satu industri komersial yang mempunyai nilai pasaran yang tinggi dan mula berkembang di Malaysia. Penglibatan syarikat-syarikat perniagaan dalam industri sukan akan menjadi pemangkin transformasi ekonomi negara berpendapatan tinggi di masa hadapan. Justeru kajian ini bertujuan mengenal pasti faktor kritikal penglibatan syarikat perniagaan dalam industri sukan di Malaysia. Kajian ini menggunakan kaedah tinjauan yang melibatkan 32 buah syarikat perniagaan yang dipilih secara persampelan rawak. Instrumen faktor kritikal kejayaan (*critical success factor*) digunakan dalam kajian ini dan data dianalisis menggunakan statistik deskriptif. Hasil dapatan menunjukkan faktor kritikal kejayaan dari aspek Organisasi adalah di tahap paling tinggi dengan skor M=4.03. Diikuti faktor Perundangan M=3.94, faktor Sikap M=3.88, faktor Komunikasi M=3.75 dan faktor Politik M=3.69. Manakala faktor kritikal kejayaan dari aspek Situasi dan Ekonomi di tahap sederhana dengan skor M=3.66 dan M=3.31. Hasil kajian ini dijangka mampu membantu pihak kerajaan dalam mengatur perancangan dan strategi bagi memastikan industri sukan menjadi antara penyumbang utama ekonomi negara.

Kata Kunci: Faktor Kritikal Kejayaan, Syarikat Perniagaan

Monitoring Training Load using Wearable Device in Elite Football

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ABSTRACT

A systematic and constant assessment of monitoring training load (TL) during football training and matches using wearable device (Global Positioning System, GPS) has been vastly utilised especially in professional elite players. This application consists of a combination of external (estimation of players work performed e.g., total distance, high-speed running distance, number of sprints etc.) and internal (estimation of players physiological response of this work e.g., heart rate) monitoring approach. TL monitoring may provide advantages for coaches to analysed, design and modify training sessions based on individual player, playing position, and team tactics. Previous recommendations also have emphasized the significant of monitoring TL to reduce the risk of injury. Various issues and challenges exist for coaches to implement the technology-research based approach to applied setting. This commentary outlines applied views on the practical applications of TL monitoring related with ideal choices data metrics, data analysis and reporting using GPS in elite football.

Keyword: training load, football, GPS

Identifying ACL Injury Risk among UiTM Volleyball Players using the Landing Error Scoring System

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ABSTRACT

Non-contact anterior cruciate ligament (ACL) injury is one of the most common injuries in dynamic sports. High loading to the knee across the 3 planes has been observed to be a risk factor for ACL injury. Currently, the gold standard laboratory-based 3D motion analysis screening for ACL injury can be quite costly. Thus, several field-based ACL injury risk screening methods has started to emerge. One of the simplest and reliable kinematic assessment tool to date is the Landing Error Scoring System (LESS), developed by Padua et al. in 2009 to screen for potentially high-risk movement patterns for ACL injury.

Dynamic sport such as volleyball requires the players to jump for attacking (jump spike) and defending (jump block) in every game therefore, ACL injuries occurrence were seen among these players due to their improper landing technique after the jump. However, volleyball players were given less attention compared to other dynamic sports. Hence, this study determines to identify the LESS score of volleyball players during the jump landing task and to explore whether any of them will be ranked as high risk following the LESS protocol. Simultaneously, this study will also observe the gender differences in LESS score amongst volleyball players.

A total of 22 injury-free UiTM volleyball players participated in this study (M,n=11: 21.18 \pm 1.54 years, 172.68 \pm 7.75 cm, 69.41 \pm 11.58 kg; F, n=11: 22.27 \pm 1.10 years, 155.55 \pm 4.23 cm, 53.88 \pm 6.80 kg). Participants were tested in the laboratory in UiTM. Two video cameras positioned at the frontal and sagittal plane were used to record the jump landing task (3 trials) and kinematic assessments according to the items in LESS and were analysed using a 2D motion analysis software (Kinovea, version 0.8.25).

This study's findings revealed that there were no significant differences in the overall LESS scoring between genders ($t(20) = -.909$, $p > 0.05$). However, when observing the overall LESS score individually, one male and one female player scored moderately (LESS score >5 to ≤ 6) and two female players scored poorly on their jump-landing biomechanics (LESS score >6). When comparing items in LESS individually, males tend to land with an erect body more than females, and most females scored poorly in the overall impression compared to male. Yet, both male and female player demonstrated narrow stance width (5 out of 11 males, 7 out of 11 females) and knee valgus displacement (5 out of 11 males, 10 out of 11 females). Despite the low-risk categorization following the LESS protocol for both male and female volleyball players, attention should be given to the individual items of the LESS protocol. A poor score in one of the individual items highlighted in LESS might put them at a favourable risk of sustaining future ACL injuries.

Keywords: *Landing error scoring system, ACL, injury screening, volleyball, drop vertical jump*

Acute Effect of Kinesiology Tape Application on Shoulder Pain and Mobility among SUKMA Kedah Badminton Players

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Abstract. Due to the highly repetitive and complex overhead movements of the shoulder during a typical badminton match-play or training, shoulder pain is common amongst badminton players. As kinesiology tape (KT) application has become popular and widely used in the sporting industry, its uncertainty of its effectiveness remains contradicting as their use could be psychological. Therefore, the study aims to determine the effect of applying kinesiology tape on shoulder pain and mobility among badminton players. Fifteen (N=15) male badminton players from Majlis Sukan Negeri Kedah who are representing SUKMA 2021 participated in this study. All participants completed the DASH questionnaire and three movements from the Selective Functional Movement Assessment (SFMA) before the KT application. The Y-strip technique was applied on the participant's deltoid prior to their training. DASH questionnaire and SFMA were taken post 45-mins of badminton training. Paired sample T-test revealed significant differences for pre and post DASH scoring ($p < .05$) as well as both Upper Extremity Pattern 1 ($p < .0001$) and Upper Extremity Pattern 2 ($p < .0004$) from the SFMA, though not for the Overhead Deep Squat ($p > .164$). Overall, for the participants in this study, KT has an effect on shoulder pain and mobility scores significantly in badminton players.

Keywords: Kinesiology Tape (KT), Shoulder pain, Shoulder mobility, SFMA, Dash Questionnaire

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The background is a vibrant red with a large, white, wavy shape on the left side. On the right, a dark blue area contains a faint cityscape, including a prominent skyscraper. Overlaid on this are various geometric and technological icons: a white hexagon, a yellow hexagon, a white line graph, a blue Wi-Fi symbol, a blue globe, and a yellow and black striped circle. The text 'PISM 2022' is prominently displayed in the center-right in a bold, yellow, sans-serif font. At the bottom, there are three white triangles pointing up, a small yellow hexagon, and three white triangles pointing right.

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