

## THE EFFECTIVENESS OF 8 WEEKS PHYSICAL TRAINING PROGRAM AMONG OBESE AND OVERWEIGHT NATIONAL SERVICE TRAINEES BY GENDER

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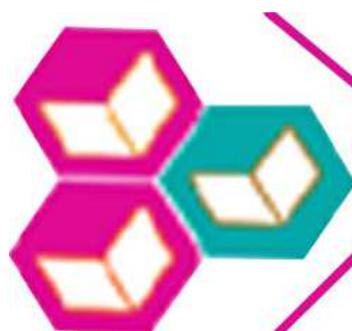
### ABSTRACT

Obesity becoming a serious health phenomena among Malaysians. Prevent obesity is better than cure the illness caused by this life style disease. This quasi experimental study is aimed to determine the effectiveness of 8 weeks physical training program among 116 obese and overweight National Service Trainees by gender. The intervention program conducted in Geo Kosmo National service Camp. 30 male and 28 female trainees selected as experimental group (n=58) and 29 male and 29 female trainees were in control group (n=58). Body fat percentage (BFP) and weight measured using Omron Krada Scan HBF 375. The experimental group underwent 8 weeks physical exercise program using a specific National service module. The module contains 18 low intensity, 40 moderate intensity and 14 high intensity training with 8 psychological sessions.

Analysis showed a significant difference between pre- test and post- test after 8 weeks in experimental group by gender. There was a greater decrease in BFP (2.02%) and weight (3.28 kg) among male trainees and BFP (1.89%) and weight (3.75 kg) among female trainees. The male trainees in control group showed greater increase in BFP (13.89%) and weight (0.66 kg). Surprisingly, the female trainees showed slightly decrease in BFP (0.23%) and weight (0.39 kg).

The independent t-test also showed significant differences among treatment group male and female trainees ( $p < 0.05$ ) in both elements. As a conclusion, the 80 sessions intervention program is very effective and able to reduce the BFP and weight among 18 years old obese and overweight National Service Trainees in this camp, even though there were significant differences between gender. The female trainees showed greater decrease in weight, but not in BFP compare to the males.

**KEYWORDS:** Obesity, Overweight, Life Style Disease, Gender, National Service Trainees



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