

UMS students help rugby team overcome weakness

SANDAKAN: Eight second-year students from Universiti Malaysia Sabah (UMS) Sport Science School of Education and Social Development, was sent to conduct an analysis of the 12th Rugby Goh Khoo Sia Cup match at IJM Stadium here, recently.

"This is an early exposure as well as practical courses in biomechanics," said UMS Sports Science lecturer Dr Mohamad Nizam Nazardin.

The group was under the supervision of lecturers Dr Pathmanathan K. Suppiah and Dr Nizam himself.

"Sport Science is a systematic study involving science in sports. It involves physiotherapy, nutrition, biochemistry, anatomy, physiology, psychology and social biomechanics.

"It is also a discipline or field of study which has a big role in helping shape the performance of athletes or teams when facing opponents," he said.

Dr Nizam said the students were sent to do fundamental analysis through observations and video recordings to collect data.

He said analysis was made by looking at video footage and movements made by the player.

According to him, it aimed to improve the team's performance in the next match.

They also collect player's data such as height, weight and date of birth before they take the field to compare the relationship between body size and maturity of the player's performance.

"With this kind of statistics they are able to identify the strengths, mistakes and weaknesses of a team.

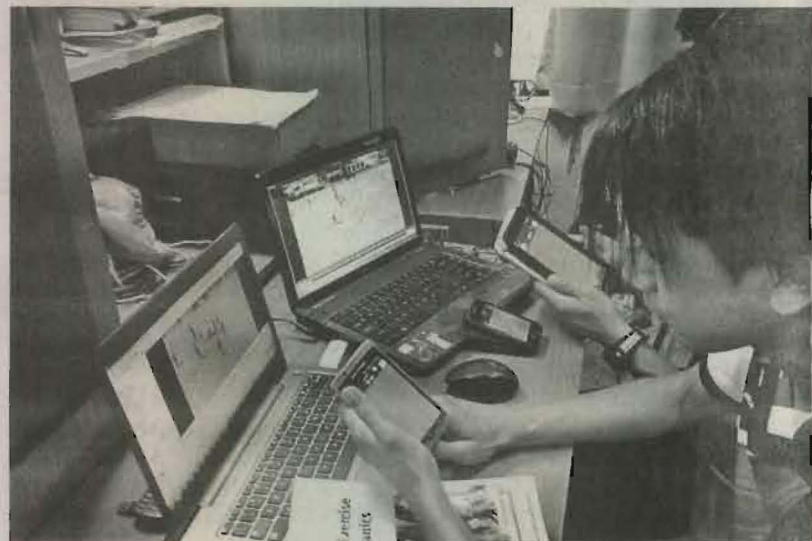
"The main purpose of the system usage analysis is not to find fault with the athlete or team, but the strategy, and improve the weaknesses of players in the team.



The under 15-year-old drop kick action.



Two students video recording a match for analysis.



Analysis with video recording.

"This analysis will also ensure that all responses are based on evidence that is accurate, and there is no dispute between the managers, coaches and players during this process.

"The data collected can be used to compare the performance of countries that have succeeded in the sport of rugby such as New Zealand, to plan ahead in the development of rugby in this country," he said.

For the coach, he said the information gathered could be used for short-term solutions in the game,

to immediately change and improve the team's performance.

He said the application of sports science in enhancing the development of the sport in this country was relatively still young. However, it has started to improve the management of athletes and teams in various sports events.

Muhd. Fariz Saifuddin, a Sports Science student involved in the program said sport technology allowed the analysis to be done in more detail.

He said the coach could only

remember about 42 per cent of the entire tournament and the remaining 58 per cent could be obtained from the system analysis.

Amizie Ainureen Ramli, another student in the program, said the experience in analyzing a match was a valuable experience, and new to him.

He said he learned the right way to make a recording so that analysis could be carried out properly.

"Data from this analysis can be used to improve the performance of rugby in this country," he said.