DIFFERENCE OF VO₂ MAX LEVEL BETWEEN FOOTBALL AND BASKETBALL PLAYERS

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ABSTRACT

Background: Maximal oxygen uptake (VO₂max) has been regarded by majority of authors as the best indicator of aerobic capacity of an organism, and at the same time, the best indicator of an athlete's physical capacity. The aim of the study was to compare physical capacity of athletes by measuring differences in VO₂max capacity with regard to the kind of sport they are practicing.

Subjects and Method: A cross-sectional study was conducted at Universitas Muhammadiyah Surakarta, Central Java, Indonesia. A sample of 26 athletes consisting of 12 football players and 14 basketball players aged 20 to 29 years was selected for this study. The exclusion criteria were smoker and athletes with heart disease or pulmonary disease. The dependent variable was VO₂ max. The independent variable was type of sport. Mean difference of VO₂ max between groups was examined using Mann-Whitney.

Results: VO₂ max in football players (Mean= 42.96; SD= 3.55) was higher than basketball players (Mean= 39.65; SD= 4.88) and it was statistically significant.

Conclusion : VO₂ max in football players is higher than basketball players.

Keywords: VO₂ max, football player, basketball player

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