

ABSTRACT

RETTA F SIAHAAN. the effect of vitamin c supplementation on haemoglobin level after maximum physical exercise in pplm athletes of state university of medan 2015. (Pembimbing : Fajar Apollo Sinaga, S.Si. M.Si. Apt) Skripsi : Fakultas Ilmu Keolahragaan. Universitas Negeri Medan 2016

This study is purpose to know the effect of vitamin c supplementation on haemoglobin level after maximum physical exercise in pplm athletes of state university of medan 2015

In this research the sampling technique uses 4 athlete with inclusion and exclusion criteria whose want to take blood to test the haemoglobin levels. This research were laasts for 4 weeks. At the beginning of the study, the blood samples were taken to be used in initial test. The first group was taking vitamin C during a week. On the seventh day, the entire sample perform the maximum physical activity, and there after the blood taken for post-test I. After the first treatment, the samples were given a period of rest for a week to recover their physical condition. In the early weeks after the rest period was completed, the second group was given vitamin C during the week, and on the seventh day of the entire sample perform the maximum physical activity and blood sample were taken for test.

From the result of the research showed that sig. (2-tailed) > 0.05, and the mean difference of post-test is higher than pre-test of 0.2%. There is no significant difference. So, the conclusion is “there is no effect of vitamin C on blood hemoglobin levels after maximum physical activity”.

Keywords : Haemoglobin, Maximum Physical Activity, Vitamin C

