A STUDY OF IMPACT OF BODY MASS INDEX (BMI) TOWARD FITNESS AMONG FIREFIGHTERS IN KUANTAN

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BACHELOR DEGREE OF OCCUPATIONAL SAFETY AND HEALTH (HONOURS)
UNIVERSITI MALAYSIA PAHANG
A STUDY OF IMPACT OF BODY MASS INDEX (BMI) TOWARD FITNESS AMONG FIREFIGHTERS IN KUANTAN

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Report submitted in partial fulfillment of the requirements for the award of the degree of Bachelor of Occupational Safety and Health

Faculty of Engineering Technology
UNIVERSITI MALAYSIA PAHANG

JANUARY 2018
SUPERVISOR’S DECLARATION

I hereby declare that I have checked this thesis and in my opinion, this thesis is adequate in terms of scope and quality for the award of the degree of Bachelor in Occupational Safety and Health (Hons.)

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Position  : LECTURER
Date      : JANUARY 2018
STUDENT’S DECLARATION

I hereby declare that the work in this thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any other degree at Universiti Malaysia Pahang or any other institutions.

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(Student’s Signature)

Full Name : NUR AISYAH BINTI ROZAK
ID Number : PA14038
Date : JANUARY 2018
DEDICATION

Dedicated to my parents
ACKNOWLEDGEMENTS

“By the name of Allah S.W.T, the Most Gracious and the Most Merciful”

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<tr>
<td>BMI</td>
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<td>CRF</td>
<td>Cardiorespiratory fitness</td>
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