

Nattawat Boonprawet 2010: The Effect of Core Body Strength Training Combined with Flexibility Training on 25 Meter Front Crawl Speed Swimming. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Udorn Ratanapakdi, M.A. 99 pages.

The purposes of this study were to examine and compare the effect of core body strength training combined with flexibility training on 25 meter front crawl speed swimming. thirty males three grade students of Satsipattana school, each subject was assessed for front crawl speed swimming on 25 meter. The subjects were randomly assigned in 3 different groups, 10 in each. The control group performed their usual physical activities. The experimental group 1 performed core body strength training. The experimental group 2 performed core body strength training combined with flexibility training. The experimental groups participated in training sessions 3 days a week From 3.30 - 4.30 p.m. for 6 weeks. The subjects were assessed for their front crawl speed swimming on 25 meter before and after training programs. Data were analyzed using mean, standard deviation, matched pair t-test and one-way analysis of variance: ANOVA and multiple comparison was performed by Tukey at .05 level of statistically significance.

It was found that core body strength training combined with flexibility training were not significantly effect of core body strength training combined with flexibility training on 25 meter front crawl speed swimming.

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Thesis Advisor's signature