

Rachata Tanowsri 2008: The Effects of Combined Walk and Rubber Chain Training on Muscular Strength and Cardiorespiratory Endurance in 56 – 67 Year Old Female. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Charoen Krabuanrat, M.Ed. 100 pages.

The purpose of this study was to compare the effects of combined walk and rubber chain training on muscular strength and cardiorespiratory endurance in 56 – 67 year old female. Subjects were 30 samples which were from 56 – 67 years old female of Kasetsart University . They were divided into 3 groups with 10 subject . The experimental group I was trained with the walking exercise program. The experimental group II was trained with the rubber chain exercise program. The experimental group III was trained with the walking exercise and rubber chain exercise program. Each group was trained for 3 day per week over a period of 8 weeks. Data were statistically analyzed using one – way analysis of variance procedures and along with the multiple comparison testing using the Tukey’s method. An alpha level of .05 was used for all statistical tests.

The results of the research indicated that after the eight week training the average of muscular strength was not significantly different at the level of .05. between experimental group I and experimental group III. However, the average of cardiorespiratory endurance of the experimental group I and experimental group III were significantly different at the level of .05 after the eight week training .

Student’s signature

Thesis Advisor’s signature

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