

Pongsatorn Heamachun 2006: The Effects of Circuit Training on Health-Related Physical Fitness of Prathomsuksa 5 Boy Students of Wat Bangpakok School the Office of Ratburana District Bangkok Metropolis. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Jessada Jearranai, M.Ed. 141 pages.
ISBN 974-16-2045-4

The purposes of this research were to study the effect of circuit training on health-related physical fitness of Prathomsuksa 5 boy students Wat Bangpakok School and to compare the physical fitness of the students who were trained by the circuit training program with those who studied Physical Education in ordinary class. The research instrument was the AAHPERD Health-Related Physical Fitness Test which consisted of 4 items: 1 mile run, 1 minute sit up, forward flexion and body composition. The sample consisted of 64 boy students selected by purposive sampling method. They were divided into two groups: 32 in the control group and 32 in the experimental group. Data were analyzed by using mean, standard deviation, analysis of variance and independent t-test.

The result results were as follows: 1) Health-related physical fitness mean of the experimental group before, after the 3 weeks and after the 6 weeks training on 1 mile run, 1 minute sit up and forward flexion were significantly different at 0.05 level but Body Mass Index (BMI) was not significantly different at 0.05 level. 2) Health-related physical fitness mean of the control group before, after the 3 weeks and after the 6 weeks training on 1 mile run, 1 minute sit up, forward flexion and Body Mass Index (BMI) were not significantly different at 0.05 level. 3) Health-related physical fitness mean between the experimental group and the control group after the 3 weeks and after the 6 weeks training on 1 minute sit up and forward flexion were significantly different at 0.05 level but 1 mile run and Body Mass Index (BMI) were not significantly different at 0.05 level.

Pongsatorn Heamachun.

Student's signature

Jessada Jearranai 18, 05, 2006

Thesis Advisor's signature