

Pornpana Poompuang 2006: The Effect of Circuit Training on Health-Related Physical Fitness of Boys Ages 11-12 at Charoernpolvitthaya School Bangkok. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Vibool Charanant, Ph.D. 141 pages. ISBN 974-16-2057-8

The purpose of this research was to study and comparison effect of circuit training program on Health-related physical fitness of boys ages 11 to 12. The samples were boys ages 11 to 12 at Charoernpolvitthaya school in Bangkok the sample amount 64 persons who were selected by purposive sampling method with divided into experimental group and controllable group, 32 persons per group.

The instruments of this research were circuit training programs which were constructed by researcher and the AAHPERD Health-Related Physical Fitness Test which consisted of 4 items: 1 mile run, body composition by means of body mass index, sit-ups and forward flexion. Data were analyzed by using mean, standard deviation and the difference between mean were determine by t-test (dependent), analysis of variance with two dimension repeated measures, Tukey's method use of post hoc and determine significant at the .05 level.

Results of this research found that: 1) Health-related physical fitness of experimental group in items test 1 mile run, body composition by means of body mass index and forward flexion between pre-experiment with after the fourth weeks, pre-experiment with after the eighth weeks and after the fourth weeks with after the eighth weeks were significantly different at the .05 level. ;2) Health-Related Physical Fitness of experimental group in item sit-ups between pre-experiment with after the fourth weeks was not significantly different but pre-experiment with after the eighth weeks and after the fourth weeks with after the eighth weeks were significantly different at the .05 level.

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