

Pulsombut Yaowapong 2011: The Effect of an Aerobic Exercise Program on Overweight Status of Prathom 6 Female Students of Pramochwittayaramintra School. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D. 143 pages.

The purpose of this experimental research was to investigate the effect of an aerobic exercise program on overweight status of Prathom 6 female students of Pramochwittayaramintra School. The sample composed of 60 overweight (+ 2 S.D. to + 3 S.D.) students who were selected by randomized assignment (based on the growth standard of the Department of Health, Ministry of Public Health). T-test for dependent samples was used to establish the equivalency of the treatment group (n = 30) and the control group (n = 30).

The research treatment was the aerobic exercise program (10 activities) which was designed by the researcher. The face validity was established by five experts. The treatment group was assigned to practice on 10 activities of the aerobic exercise program. Each activity took 30 seconds and a 30-second body twist interval. The program lasted for 8 weeks, three times a week (Mondays, Wednesdays and Fridays) from 8.10 a.m. to 9.00 a.m., 50 minutes a day at 50 – 70 percent intensity. Data were analyzed using mean and standard deviation between Pre-training and after the eighth week of training within the treatment group, and t-test for independent samples was used to test the difference between the treatment group and the control group after the eighth week.

Findings indicated that 1) the difference between the mean weight of the control group in the pre and post measure was higher with a significance level of .05; 2) the difference between the mean weight of the treatment group in the pre and post measure was lower with a significance level of .05; 3) the difference between the mean weight of the control group and the mean weight of the treatment group in the pre and post measure was significant at .05.

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Student's signature

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Thesis Advisor's signature