

Ampawan Sidum 2006: Effect of Swedish Massage Thai Massage and Cycling Exercise 40 % of VO₂ max upon Lactic Acid Level in Blood after Exercise.
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This study was investigated the effect of Swedish massage Thai massage and cycling exercise 40 % of VO₂ max upon lactic acid level in blood after exercise. Ten healthy male subjects in this study were athletes aged 18 – 21 years, who were assigned by purposive random sampling to three experimental groups: Swedish massage (SM), Thai massage (TM) and cycling exercise 40 % of VO₂ max (BC). In exercise groups, subjects underwent cycling exercise at the same intensity (85 % of VO₂ max). Two day resting was promoted after each session. The blood lactic acid was collected immediately after exercise and after resting 5,25 and 30 minutes. Data then were statistically analysed by using men, standard deviation, two-way analysis of variance with repeated measure, one-way analysis of variance with repeated measure and multiple comparison testing by Tukey ' s method at the .05 level of significance.

The results showed that the average blood lactic acid in Swedish massage, Thai massage and cycling exercise 40 % of VO₂ max were significantly different at .05 level. Moreover, the average blood lactate in Swedish massage was reduced more than in the others.

Student's signature

Thesis Advisor's signature