

Jait Phragobtrab 2006: The Effects of Jump Training upon Leg Muscle Power for Female Students in Nakhonpathom Vocational College. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Komkrich Choupanich, M.A. 96 pages

The purposes of this research were to study and to compare the effects of jump training upon leg muscles power for female students in Nakhonpathom Vocational College.

The sample of 30 certificate females who were enrolled in first semester, 2005 of Nakhonpathom Vocational College and they were selected by simple random sampling. The sampling were divided into two groups, 15 students for each groups. The first group was using by jump training program 1 and the second group was using by jump training program 2. They were trained for 8 weeks. The data were analyzed by using mean, standard deviation, two way analysis of variance with repeated measure, t-test and Tukey method.

The result showed that leg muscle power of two groups were not significantly at the level of .05 and increase after the fourth and eight weeks more than before training

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Student's signature

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