

Pamorn Prongpan 2010: The Effect of Trunk Muscle Strength Training on Exercise Ball and Floor upon Golf Driver Distance. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Vullee Bhatharobhas, B.Ed. 134 pages.

The purposes of this study were to study and contrast the effect of trunk muscle strength training on exercise ball and floor upon golf driver distance. Samples used in this research male golfers, age of 13-15 from golf training achievement more than 2 years were 40 by simple random sampling. Samples were divided into 3 groups by randomly assignment method. The control group, practice the swing driver I program. The experimental group 1, combined trunk muscle strength program on exercise ball and practice with the swing driver I, while the the experimental group 2, combined trunk muscle strength program on floor and practice with the swing driver I. All of there 3 groups trained 3 days a week on Monday, Wednesday and Friday. Data were statistically analyzed by one way analysis of variance: ANOVA procedures, two way analysis of variance with repeated, one way analysis of variance with repeated, and multiple comparison testing by Tukey's method at the .05 level of significance.

The results showed that after 8 week training, there were significantly different in golf driver I distance between the experimental group 1 the experimental group 2 and control group at the .05 level of significance. However, there were no significantly different of the distance golf driver I testing between the experimental group 1 the experimental group 2 at the .05 level of significance. From the findings, it was concluded that trunk muscle strength training on exercise ball and floor program effect to the distance of golf driving 1 and was recommended to implement for the golfers.

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Thesis Advisor's signature