

Werasak Hemhachart 2010: The Effect of Basic MuayThai Chaiya Exercise Training on Health Related Physical Fitness in Young Female Adolescence. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program.  
Thesis Advisor: Mr. Jakapong Khaothin, Ph.D. 118 pages.

The objective of this study was examined the effects of basic Muay Thai Chaiya exercise training on health related physical fitness in young female adolescence. The participants included sixty, healthy and young female adolescence volunteered from Institute of Technology Ayothaya, Prankhonsriyutthaya, Thailand to participate in this study. All participants were randomly assigned to two groups a training group and a control group. The training group (n=30) participated in basic Muay Thai Chaiya exercise training a three day per week on Monday, Wednesday, and Friday and not to change or increase other exercise during of the study. In control group (n=30) did not participate in basic Muay Thai Chaiya exercise training and to only activities of normal daily. Both groups were tested before and after the basic Muay Thai Chaiya exercise training period on body composition, flexibility, muscle strength, muscle endurance and cardiovascular endurance were selected as testing variables to evaluate the training program.

The results of this study showed that participants in training group perform in body composition, flexibility, muscle strength, muscle endurance and cardiovascular endurance significantly difference better than the participants in control group. In conclude that 8 weeks of basic Muay Thai Chaiya exercise training can improves all the components of health related physical fitness in young female adolescence.

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