

Amarin Phuangphae 2010: Effects of Ascetic Exercise on Health Related Physical Fitness in Female Students of Sukhothai Business School. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Mr. Jakapong Khaothin, Ph.D. 136 pages.

The objective of this experimental research were to study and compare the effects of ascetic exercise on health related physical fitness in female students of Sukhothai Business School. The subjects participated in the research were the students in diploma 2 majoring in Nursing Business, Sukhothai Business School, Dusit, Bangkok. The selection criterias were 30 healthy female students at the age of 17-20 from simple random sampling method, divided into 2 groups: experimental group and control group. The experimental group had practiced 15 positions of ascetic exercise according to the Institute of Thai Traditional Medicine, Ministry of Health (Pennapa 1994) whereas the control group had lived their routine lives. The experimental group was required to practice each position 5-10 times and they hold their muscles 5 minutes for each time. The ascetic positions had to be practiced continuously for 30 minutes, 3 times a week—Monday, Wednesday, Friday from 16:30-17:00. The exercise was practiced for 8 weeks. The experimented group was tested before ascetic exercising on health related physical fitness and in the fourth week of the experimentation. In the 8<sup>th</sup> week, effects of ascetic exercise on health related physical fitness were analyzed.

It was found that the average of body composition, flexibility, muscle strength and endurance and cardiovascular endurance of the experimental group was statistically difference from the control group after the 4<sup>th</sup> week and 8<sup>th</sup> week. In conclusion, the ascetic exercise has effects on health related physical fitness and is considered an option for healthy exercises.

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Thesis Advisor's signature