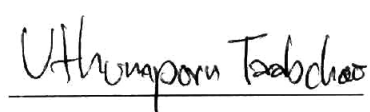


Uthumporn Taabchoo 2007: The Effects of Plyometric Training upon Arms and Legs Muscle Power and Strength of Basketball Players. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Udorn Ratanaparkdi, M.A. 119 pages.

The objective of this research was to study the effects of plyometric training upon arms and legs muscle power and strength of basketball players.

The population were 15 male basketball players of Kasetsart University who participated in the 33 Thailand University Games (Salaya Games). They all had strength training before participating in plyometric training program which consisted of 8 exercises: barrier runs, vertical hop, depth jump to prescribed height, stride jump crossover, medicine ball chest pass, medicine ball put, medicine ball twist/toss and clap one's hands and push-up. They were trained for eight weeks, two days per week, one hour per day. Arms and legs muscle power and strength were pre-tested and post-tested after the fourth, sixth and eight week of training. Data were analyzed by using mean, standard deviation and percentage of arms and legs muscle power and strength increased.

The results were found that after an-eight week of plyometric training was an effective on arms and legs muscle power and strength increased of basketball players. The peak of percentage increase was shown after the sixth week of training, and legs muscle strength had the most of percentage increase. After the eight week of training, the percentage increase was constant and slowly decreased.



Student's signature



Thesis Advisor's signature

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