Paemika Prempree 2011: Effect of Jinkangkong Exercise Training on Physiological Responses, Physical Fitness, and Quality of Lifes in Older Women. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program.
Thesis Advisor: Mr. Jakapong Khaothin, Ph.D. 154 pages.

The purpose of this study was to study effect of Jinkangkong exercise training on physiological responses, physical fitness, and quality of lifes in Older Women. Thirty subjects, who retire of Kasetsert University, Bangkhen Campus, female, age 60-70 years old, participating in this study. Subjects were assigned into two groups . Experimental group was assigned to a Jinkangkong exercise training and control group was assigned to a ADL. The subjects performed Jinkangkong exercise training for 12 weeks, 3 sessions per week, 60 minute per sessions. Subjects in experimental group was tested for physiological responses during training and subjects in both groups were tested physical fitness which component lower body strength and endurance, flexibility, body composition, cardiorespiratory endurance, agility and dynamic balance, reaction time and quality of life before and after 4 weeks, 8 weeks and 12 weeks of training. Data were analyzed using One way analysis of variance with repeated measure along with the multiple comparison using LSD's method and Independent t-test were used for comparing means of the two groups by using the 0.05 level of significance.

The result of this research indicated that the physiological responses during training in experimental group was development significantly different ($p<0.05$) except resting heart rate there was no significant differences ($p<0.05$) after training. Physical fitness in experimental group improved after training was significantly different ($p<0.05$) In addition agility and dynamic balance and reaction time shorten after training was significantly different ($p<0.05$) as well as improvement of quality of life was significantly different ($p<0.05$). When comparing among the experimental and control group were significantly different ($p<0.05$). Also results of this study may be applied to exercise program for increasing physiological response, physical fitness and quality of life in older women 60-70 years old.

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