

Wirat Thongkeaw 2008: The Effect of Aquatic Exercise Circuit Training on Physical Fitness of Grade 7 Male Students at Benjamarachutis School in Nakhon Si Thammarat Province. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Chanchai Khuntisiri, M.A. 115 pages.

The purpose of this research was to study the effect of aquatic circuit training exercise on the physical fitness of grade 7 students, and to compare the physical fitness of students between the experiment and control group. Sample were 50 male students at seventh grade of Benjamarachutis school who were selected by multi-stages sampling. They were divided into two groups , 25 for each.

The research instrument were the AAHPERD Health-related Physical Fitness Test , and the aquatic circuit training exercised program which was designed by reseacher. The face validity of the program was approved by 5 experts. Data were analyzed by using mean, standard deviation, t-test, ANOVA with repeated measures and testing the difference by match-paired of Tukey.

Findings were showed as follows:- 1) there were no significant different in the items 1.5- mile run, body composition, sit up 1 minute, and trunk forward flexion after the eighth week; and 2) the effect of aquatic circuit training exercise, physical fitness of students befor the first week, after the fourth and the eighth weeks in the experiment group had no differences in statistics.

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