

Suppawan Vongsrangsap 2008: The Effect of Folklore Plays Program on Health-Related Physical Fitness of Elementary School Students. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D. 167 pages.

The purpose of this research was to study the effect of Folklore Plays program on health-related physical fitness of elementary school students who were trained on the Folklore Plays program with those who studied in traditional Physical Education. Both groups were trained for 8 weeks, 3 days a week, i.e., Monday, Wednesday and Friday from 2.30-3.30 p.m. The research instrument was the Folklore Plays Program developed by the AAHPERD Health-Related Physical Fitness Test which consisted of 4 items: 1 mile run, body composition by means of body mass index, 1-minute modified sit-ups and forward flexion. There were 60 male and female students who were selected as volunteers by purposive sampling method. They were divided into two groups: 30 in the control group and 30 in the experimental group. Data were analyzed by using mean, standard deviation, Pearson Product-Moment Correlation, dependent t-test, independent t-test, one-way analysis of variance and Tukey's test.

The results of this research were as follows: 1) The health-related physical fitness mean between the experimental group and control group after the 8 weeks in 1 mile run, 1-minute modified sit-ups and forward flexion were significantly different at 0.5 level but body composition was not significantly different at 0.5 level. 2) The health-related physical fitness mean of the experimental group before and after the 6<sup>th</sup> and 8<sup>th</sup> weeks in 1 mile run, 1-minute modified sit-ups and forward flexion were significantly different at 0.5 level but body composition was not significantly different at 0.5 level. 3) The health-related physical fitness mean of control group before and after the 6<sup>th</sup> and 8<sup>th</sup> weeks were not significantly different at 0.5 level.

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Thesis Advisor's signature