

Nuchjaree Boonthum 2008: The Effect of a Circuit Training Exercise Program on Overweight State of Second Level Male Students. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D. 156 pages.

The purpose of this experimental research was to investigate the effect of circuit training exercise program on the overweight state of selected Second Level male students (9 – 12 years old) at the Laboratory School of Kasetsart University. The sample composed of 60 overweight (+2 S.D. to + 3 S.D.) students who were selected by randomized assignment (based on the growth standard of the Department of Health, Ministry of Public Health). T-test for dependent samples was used to establish the equivalency of the treatment group (n = 30) and the control group (n = 30).

The research treatment was the circuit training exercise program (10 stations) which was designed by the researcher. The face validity was established by 7 experts. The treatment group was assigned to practice on 10 stations of the circuit training exercise program. Each station took 30 seconds and a 30-second walk interval. The program lasted for eight weeks, three times a week (Mondays, Wednesdays and Fridays) from 4:20 p.m. to 5:00 p.m., 40 minutes a day at 50 - 80 percent intensity. Data were analyzed by using mean and standard deviation between before training and after the eighth week of training within the treatment group, and t-test for independent samples was used to test the difference between the treatment group and the control group after the eighth week.

Findings indicated that 1) the difference between the mean weight of the control group in the pre and post measure was significant at .05; 2) the difference between the mean weight of the treatment group in the pre and post measure was significant at .05; 3) the difference between of the mean weight of the control group and the mean weight of the treatment group in the pre and post measure was not significant at .05. It was concluded that the circuit training exercise program had no significant effect on the overweight state of the second level students.

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Student's signature



Thesis Advisor's signature

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