Kawin Phikulngam 2007: The Effect of Active Recovery in Difference Intensity towards the Anaerobic Capacity. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Supitr Samahito, Ph.D. 68 pages.

The objectives of this research were to investigate and to find anaerobic capacity which caused by active recovery in difference intensity. The subjects used in this research consisted of 15 male football players who were 19-21 years old from Srinakarintarawirot University, Ongkharak Campus by simple random sampling. The first test for the subjects was to calculate the anaerobic capacity by 4 recovery methods which were active recovery by cycling in 3 difference intensity level: 40 %, 50 %, 60 % of heart rate reserve and resting recovery for 4 minutes. Followed by the second test after 2 days resting between each test. The data were statistically analyzed using mean, standard deviation, t-test and one way analysis of variance with repeated measure. Tukey post hoc paired test was employed for mean comparison and to define statistic significant at .05.

The results of the research revealed that the anaerobic capacity of 4 recovery methods were significantly different at the level of .05. When analyzed the mean of the anaerobic capacity, it indicated that the active recovery at 50 % intensity of heart rate reserve showed the highest ratio some of recovery. In conclusion, the finding can be implemented for the development of the athlete's competence in the future.

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