

Wilaiporn Khaengkhan 2006: The Effects of Static Stretching with Sauna at 60 Celsius 75 Celsius and Walking on Treadmill upon Lactic Acid Level in Blood After Exercise. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Apiluk Theanthong, M.S. 85 pages. ISBN 974-16-2376-3

The purpose of the study is to study and compare the difference of the effects of static stretching with a sauna at 60 Celsius 75 Celsius and walking on a treadmill upon lactic acid level in the blood after exercise. The subjects of the study were 12 futsal players between 19 and 22 years old of Suan Dusit Rajabhat University. The technique of simple sampling was employed to choose the subjects of the study by having them run on the treadmill for 10 minutes. The running program was set at 85% of heart rate reserve. After that blood testing on the finger tip was carried out immediately. Then the subjects were treated with recovery methods which were 1) static stretching with sauna at the temperature of 60 Celsius for 10 minutes, 2) static stretching with sauna at the temperature of 75 Celsius for 10 minutes, and 3) walking on a treadmill for 10 minutes. The posttest of the level of lactic acid in the blood was recorded. Data was statistically analyzed using repeated measures in one-dimensional design and multiple comparison (Tukey's method) testing procedures.

The findings revealed that there was a significant difference at 0.5 between Method 3 and Methods 1 as well as between Method 3 and Method 2. It was also revealed that the level of lactic acid in the blood of Methods 1 and 2 was less than Method 3. However, there was no significant difference at 0.5 between Methods 1 and 2. The showed that the recovery method by static stretching with sauna at 60 Celsius 75 Celsius had a significant effect on reducing the lactic acid in the blood at 0.5.

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