

Bhuwanat Sriton 2012: Effects of Re-warm-up at Half-time on Speed of Futsal Players. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Assistance Professor Ratee Ruangthai, Ed.D.  
82 pages.

The purpose of this research was to study the effects of re-warm-up at half-time on speed of futsal players. Sixteen male futsal players age 18-22 of Kasetsart University were the subjects of the research. The subjects participated in a full futsal match. During half-time, the subjects performed a re-warm-up program and rest by sitting. Both the core temperature and speed 10 meters was recorded prior before the match, after the first half, before the second half and after the match. The results were analyzed with pair t-test and one way analysis of variance with repeated measures at  $p < 0.05$

The results show that the heart rate at half-time of re-warm-up group was significantly divergent from rest group ( $154.27 \pm 3.52$  and  $121.07 \pm 3.93$  bpm, respectively). The core temperature before the second half of re-warm-up group was found not to be significantly different from rest group ( $37.09 \pm 0.08$  and  $37.07 \pm 0.13$  °C, respectively). The speed before the second half of re-warm-up group was not significantly divergent from rest group ( $1.893 \pm 0.021$  and  $1.918 \pm 0.030$  s, respectively). In addition, the speed of re-warm-up group was found to be significantly different between before the second half, and after the first half ( $1.893 \pm 0.021$  and  $1.968 \pm 0.021$  s, respectively). The speed of rest group was found not to be significantly different between before the match, after the first half, before the second half and after the match. These findings suggest that re-warm-up group had a better heart rate at half-time than rest group and speed at before second half had a better than after the first half.

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Student's signature

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Thesis Advisor's signature