

Channarong Fookcoksoong 2009: Effects of Circuit Training Exercise on Percent Body Fat of Elementary School Female Students. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education, Thesis Adviser: Associate Professor Charnchai Khuntisiri, M.A. 95 pages.

The purpose of this quasi-experimental research was to investigate and to compare effects of circuit training on percent body fat of elementary school female students. Subjects were 40 grade 5 female students in Chonprathanwittaya School who were selected by multistage sampling. They were divided into control and experimental groups, 20 for each.

Research instruments were a self-designed circuit training program for elementary school female students which the face validity was approved by 5 experts, and Lange skinfold caliper. Data were analyzed by using computer program package to compute mean, standard deviation, t-test for dependent sample for testing the differences before and after 8 weeks, and t-test for independent sample for testing the differences between control group and experimental group after the eighth week.

Findings were found that the percent body fat mean of the experimental groups before and after 8 weeks were significantly differences at .05 level. However, there were no significant differences in the mean of percent body fat between the control and experimental groups after the eighth week.

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Thesis Advisor's signature

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