Chaiyasit Tabtimtong 2006: The Effect of Aquatic Exercise upon Health Related Physical Fitness of The Hearing Impaired Student. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Mr. Sombat Oonsiri, M.Ed. 206 pages.
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The purposes of this quasi-experimental research was to study and compare health related physical fitness of the hearing impaired student who taking aquatic exercise program. Samples used in this research were controllable group and experimental group, each group consisted of 10 men. The instruments used in this research were aquatic exercise program and AAHPERD Health-Related Physical Fitness Test. Data were analyzed by mean, standard deviation, the difference between mean were determined by t-test (independent), analysis of variance with two dimension repeated measures, analysis of variance with repeated measures, HSD's method use of post hoc and determine level significant at .05

Results of this research found that: health related physical fitness test mean after 4 weeks of controllable group and experimental group on one mile walk / run, body mass index, sit and reach and modified sit – ups had not significant difference but pull-ups had significant one and health related physical fitness test mean after 8 weeks of controllable group and experimental group on one mile walk / run and body mass index had not significant difference but sit and reach, modified sit – ups and pull-ups had significant one.

It was concluded that aquatic exercise program that created by the researcher, was able to improve health related physical fitness in flexibility of lower back and Hamstrings, strength and endurance of abdominal, arm and shoulder muscle of the hearing impaired student.

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