

Ronnachai Jantree 2006: The Effect of Continuous Taper and Interval Taper upon Maximal Oxygen Uptake. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Assistant Professor Apiluk Theanthong, M.S. 78 pages.
ISBN 974-16-2515-4

The main purposes of this research were to study and to compare the effect of continuous taper and interval taper upon maximal oxygen uptake. The subjects used in this research consisted of 24 males who were students in Department of Sports Science, Physical Education Faculty, Srinakharinrajvirod Ongkarang University. The subjects were trained with aerobic program for 10 weeks. They were divided into 3 groups of 8 students in each group by random assignment method. The experimental group 1 was continuous taper, the experimental group 2 was interval taper and the control group was trained with aerobic program. The three groups taper and train period was 7 days. The subjects were tested for maximal oxygen uptake by using Bruce protocol. The data were statistically analyzed using mean, standard deviation, t-test and one – way analysis of covariance ANCOVA. Tukey post hoc pair test was employed for mean comparison. An alpha level of .05 was used for all statistical tests.

Results indicated that after taper in both experimental groups, the average of maximal oxygen uptake were significantly different from control group at the level of .05. Results also found the experimental group 1 average of maximal oxygen uptake was significantly different from the experimental group 2. Average maximal oxygen uptake of experimental group 1 was higher than the experimental group 2 and the control group.

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