

Junporn Chamchoy 2006: Effect of Cooling Treatments during the Rest Time on Response Time in Amateur Boxer. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Assistant Professor Ratee Ruangthai, Ed.D. 81 pages.
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The purposes of this research were to study and compare the effect of cooling treatments during the rest time on response time in amateur boxer. The subjects were 15 amateur boxers, who registered with Sport authority of Thailand and belong to Bangkok Sport school. They participated in Youth National Games 1–3 years, age between 14 – 18 years old. The treatments were including; 1) drinking water, 2) drinking water combined cold water body wetting, and 3) drinking water combined cold water sprinkle. Each treatment was being done with an interval of 24 hours. Reaction time and Heart rate were assessed before and after treatments. The data were statically analyzed using paired t - test and one way analysis of covariance (ANCOVA) at the .05 level of significant.

The results showed that the reaction time before and after three treatments were significant differences ($p < .05$). There were no significant differences between three treatments. The finding of this research was useful for applied in the time rest or during training to decrease reaction time of amateur boxers. However, the drinking water combined cold water body wetting trend to be reducing reaction time in amateur boxers better than the drinking water or the drinking water combined cold water sprinkle.

Junporn C.

Student's signature

R. Ruangthai

Thesis Advisor's signature

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