

Singha Tulyakul 2009: The Effect of Fitness Development Training Program upon the Performance of Petanque Players. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Nattaya Keowmookdar, Ph.D. 161 pages.

The purpose of this research was to develop and compare the effect of fitness development training program on the performance and physical fitness of petanque players.

The study population was 20 male petanque players who were the students in grade 1-6 of the Huai-Yot school at Trang Province. The research instrument used in this study were the petanque skill training program of Suk In-pirut, fitness development training program for petanque players in 3 components such as flexibility, muscular strength and endurance which was preliminary face validity approved by seven experts, petanque skill test of Samran Junmalee, and physical fitness test of petanque players which consisted of three items: sit and reach test, bench press test and half-squat jump test. The study population was assigned into two experimental groups with 10 students in each group after being pretested. The experimental group I participated in the petanque skill training program and exercise on their own. The experimental group II participated in the petanque skill training program and fitness development training program for petanque players. Both groups were trained for 8 weeks, 3 days a week. The data were analyzed by mean and standard deviation, independent Mann-Whitney U-test, Wilcoxon Matched Pairs Signed-Rank Test for dependent samples.

Results showed as follows: 1) The performance of petanque players' pretest and posttest means after the 8th week of the experimental group I was not significantly different at .05 level. 2) The performance of petanque players posttest mean of the experimental group II after the 8th week was significantly higher than the pretest mean at .05 level. 3) The performance of petanque players posttest mean of the experimental group II after the 8th week was significantly higher than the experimental group I at .05 level. 4) The flexibility and muscular strength posttest mean of the experimental group I after the 8th week were significantly higher than the pretest mean at .05 level but muscular endurance mean was not significantly different at .05 level. 5) The muscular strength and endurance posttest mean of the experimental group II after the 8th week were significantly higher than the pretest mean at .05 level but the flexibility mean was not significantly different at .05 level. 6) The physical fitness of petanque players posttest mean after the 8th week was not significantly different between the experimental group I and the experimental group II at .05 level.

Student's signature

Thesis Advisor's signature