

Ladawan Wachiramekakun 2011: The Effect of Specific Movement Training Program on Response Time in Taekwondo Athlete. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Charoen Krabuanrat, M. Ed. 116 pages.

The purpose of this research was to study the effect of specific movement training program on response time in taekwondo athlete. The subjects consisted of thirty males and females taekwondo players who age between 12-17 years old including brown belt, red belt and black belt from Teochew club. The subjects were divided into 3 groups – 10 athletes in each group. The first group was the control group which was assigned in normal taekwondo training program. The second group was the experimental group 1 which was assigned in normal taekwondo training program simultaneous with nine square step training program. The third group was the experimental group 2 which was assigned in normal taekwondo training program simultaneous with hurdle step training program. All three groups were trained three times a week. Response time was assessed three times; before starting experimental, after the 4th week and the 8th week of the experiment. Datas were analyzed by using analysis of variance (ANOVA). Tukey post hoc pair test was employed for mean comparison. All testing used the 0.05 level of significance.

The results of research revealed a significant difference of response time after 8th week of training at the 0.05 level among the three experimental group; that was, the significant difference of response time of the experimental group 1 was different from the control group at the 0.05 level but there was no different between experimental group 1 and experimental group 2. Also, the results indicated that the significant difference of response time of all 3 experimental groups developed after 4th week of training and improved further after 8th week of training. According to this research, it was concluded that specific movement training program along with taekwondo skill training impacted on the development of response time more than only taekwondo skill.

Student's signature

Thesis Advisor's signature