

Pannawatt Khaiwong 2006: Effects of Stretching in Water and Sauna Recovery Program upon Lactic Acid Level in Blood after Interval Exercise. Master of Science (Sports Science). Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Assistant Professor Ratee Ruangthai. Ed.D. 80 pages.  
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The purposes of this were to study and compare the effects of stretching in water and sauna recovery programs upon lactic acid level in blood after interval exercise. The subjects consisted of 15 males who were football players 13-15 years old from Bangkok Sports School. All subjects performed interval exercise for 40 minutes by cycle ergometry and then received recovery program which included stretching in water and sauna. Blood samples were collected at rest, pre-recovery, post-recovery and 12 hours post-recovery. Data were statistically analyzed using mean, standard deviation and pair t-test. The significance level were use at .05

Results indicated that at rest and pre-recovery were no significant differences in lactic acid in blood between 2 recovery programs at .05 levels. However, post-recovery and 12 hour post-recovery were significant difference in lactic acid in blood between 2 recovery programs at .05 levels. Moreover, mean of lactic acid for stretching in water were found to be better than sauna. Therefore, this finding result could be applied to use in athlete after training and competition.

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