

Manirat Thongsaard 2007: Health - Related Physical Fitness of the First Year Undergraduate Students in Kasetsart University Kamphaeng Saen Campus. Master of Arts (Physical Education), Major Field: Physical Education. Thesis Advisor: Assistant Professor Komgrich Choupanich, M.A. 99 pages.

The purpose of this research was to study on health – related physical fitness of the first Year Undergraduate Students in Kasetsart University Kamphaeng Saen Campus. The population Was 1, 396 students, with including 643 male and 753 female.

The instrument of this study was the health related physical fitness test, with consisted of 5 items: 1.5 mile run/walk, body composition, sit and reach, modified sit-up (1 minute) and push up. The index of consistency of Rovinelli and Hambleton was estimated by 5 experts and the concurrent validity was constructed as well. The data were analyzed by using mean, standard diviation and percentage.

The results show that; the physical fitness of male students comparing with standard as following: sit up and push up was need improve, sit and reach was desirable, body composition was Less than average and 1.5 mile run/walk was caution. The physical fitness of female students comparing with standard as following: sit up and 1.5 mile run/walk was caution, push up was desirable, sit and reach was need improve, and body composition was more than average.

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Student's signature

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