

ABSTRACT

Thesis Title : A Construction of Flexibility Training Programs

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Advisory Committee :

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The purpose of this research was to construct the flexibility training programs. The samples were 30 male elementary students who were studying in grade 6 of Pramaemaree Prakanong School. They were selected by using simple random sampling. All of them were tested flexibility of shoulder, trunk, hip and ankle by using Mani Yumak's flexibility tests, and then matched into two groups. The first group was trained with flexibility training programs, while the second group or the control group exercised without flexibility training. Both groups were trained one hour per day, 3 days a week for 10 weeks. All 4 flexibility tests were determined again after the fourth, eighth and tenth of training. The obtained data were then analyzed by using mean, standard deviation, t-test and one-way analysis of variance with repeated measures and Tukey method.

The results of the research were as follow:

1. The flexibility of shoulder, trunk, hip and ankle after the tenth week of training for experimental group increased significantly at the 0.05 level, while the flexibility of shoulder, trunk and ankle for the control group decreased significantly at the 0.05 level, except the flexibility of trunk and hip.

2. The flexibility of trunk and ankle after the eighth week and flexibility of shoulder and hip after the tenth week of experimental group developed significantly more than the control group at the 0.05 level.

3. The flexibility of shoulder, trunk and ankle of experimental group after the tenth week of training trended to develop much more than those of the fourth and the eighth week of training at the 0.05 level, except the flexibility of hip of experimental group after the tenth week of training trended to develop much more than those of the fourth week of training, but no significant different after the eighth week of training at the 0.05 level.

The results of research showed that the flexibility training programs that developed by the researcher could develop all four flexibility segments.