

## ABSTRACT

Title of Research Project : Motor Fitness Norms of Undergraduate  
Students in Bangkok Metroplis

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The purpose of this research was to find out the motor fitness norms of undergraduate students in Bangkok Metropolis both female and male students. The motor fitness test for students and general people of the Japan Amateur Sports Society was used to test 2,524 students. Data were gathered to analyed by using percentages, means of the standard deviation and formed the motor fitness norms of both female and male students aged levels 18 years, 19 years, 20-24 years and 25-29 years.

The findings of this study indicated :

1. Norms of the motor fitness testing of every item of male and female students with no restriction of ages were the following means: Males' standing long jump were 2.19 metres and females were 1.60 metres, males' sit'ups were 22 times and females were 16 times, males' push-ups were 22 times and females were 20 times, males' timed shuttle run were 42 metres and females were 37 metres, and males' 5 minutes distance run were 1,018 metres and females were 777 metres.

2. Lists of the motor fitness testing very item of male students at the ages of 18, 19, 20-24 and 25-29 years were the following means, standing long jump were 2.22, 2.20, 2.18 and 2.23 metres, sit-ups were 21, 21, 23 and 25 times, upsh-ups were 21, 22, 24 and 27 times, timed shuttle run were 41, 41, 42 and 43 metres, 5 minutes distance run were 983, 986, 1,075 and 1,092 metres.

3. Norms of the motor fitness testing of every item of female students at the ages of 18, 19, 20-24 and 25-29 years were the following means standing long jumps were 1.44, 1.60, 1.63 and 1.55 metres, sit-ups were 13, 14, 18 and 16 times, upsh-ups were 15, 16, 22 and 21 times, timed shuttle run were 37, 37, 37 and 36 metres, 5 minutes distance run were 742, 753, 793 and 791 metres.