

C641778                      PHYSICAL EDUCATION  
# #                              : MAJOR  
KEY WORD:                    PHYSICAL PERFORMANCE/TEST/EARLY ADULTHOOD

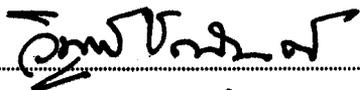
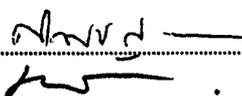
VIBOOL JALANANT : THE DEVELOPMENT OF PHYSICAL PERFORMANCE TEST FOR THAI PEOPLE IN EARLY ADULTHOOD. THESIS ADVISOR : ASST. PROF.SILPACHAI SUWANTHADA, Ph.D, THESIS COADVISORS : ASSOC. PROF. CHAREONTASN CHINTANASERI, M.D., Dr. med. AND ASSOC. PROF.TAWEEWAT PITAYANON, Ph.D. 215 pp. ISBN 974-637-844-9

The purpose of this research was to develop the physical performance test for Thai people in early adulthood. This study was done by means of analysis and synthesis of factors and items of physical performance and indicators of physical health as approved by 17 specialists. The subjects were 1,451 males and 1,887 females, 20-35 years of age, chosen through accidental and purposive random sampling from all regions of the country. The data were analysed in terms of means, standard deviations, medians, quartile range 1<sup>st</sup> - 3<sup>rd</sup>, index of congruence, canonical correlation, t-test, pearson's coefficient correlation and percentile.

The results were as follows :

1. The factors of physical performance were comprised of cardio-respiratory endurance, muscular strength, muscular endurance, body composition and flexibility. Test items of these factors were 1,600-meter run-walk, hand grip strength, 60-second sit-up, skinfold fat thickness and sit and reach, respectively.
2. The canonical correlation between the result of physical performance test and measurement of indicators of physical health were .80 for males and .87 for females and were significantly at the .01 level.
3. The physical performance test for Thai people in early adulthood also had the content, concurrent and construct validity. The reliabilities of the test items in 1,600-meter run-walk, hand grip strength, 60-second sit-up, skinfold fat thickness and sit and reach were 1.00, .98, .97, 1.00 and .96 for males; and .99, .97, .99, .99 and .99 for females, repectively, and were significantly at the .01 level.

ภาควิชา..... พลศึกษา  
สาขาวิชา..... พลศึกษา  
ปีการศึกษา..... 2540

ลายมือชื่อนิสิต.....   
ลายมือชื่ออาจารย์ที่ปรึกษา.....   
ลายมือชื่ออาจารย์ที่ปรึกษาร่วม..... 