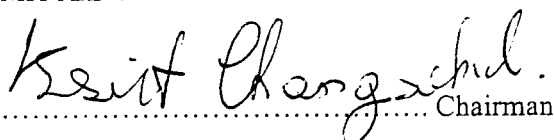


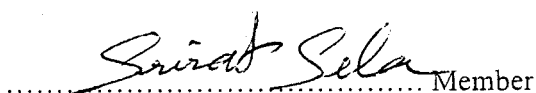
THESIS TITLE : THE EFFECTS OF FUNDAMENTAL OF MAE MAI MOUY THAI
CALISTHENICS, AEROBIC DANCE AND ROPE JUMPING UPON
THE MOTOR FITNESS OF PRATOMSUKSA 5 - 6 BOY
STUDENTS OF PRIMARY SCHOOLS OF NAKHON RATCHASIMA
PRIMARY EDUCATION OFFICE

AUTHOR : MR. BANTOME PIMTONGKHONBURI

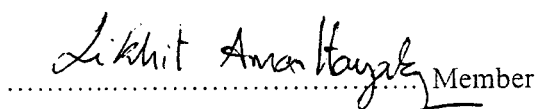
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ABSTRACT

The purpose of this research was to compare the results of motor fitness test of Pratomsuksa 5 - 6 boy students of Primary Schools of Nakhon Ratchasima Primary Education Office after training with the fundamental of Mae Mai Mouy Thai, Aerobic Dance and Rope Jumping. The subjects were 30 of Pratomsuksa 5 - 6 boy students of Ban Huay Hung Gluea School chosen by Purposive Sampling. The instruments were consisted of the training program of Fundamental of Mae Mai Mouy Thai, Aerobic Dance, Rope Jumping and the J.A.S.A. motor fitness test. The data were analysed in terms of t-test and One Way ANOVA.

The results were as follows :

1. The motor fitness before and after the training program of Fundamental of Mae Mai Mouy Thai Calisthenics were significantly different at the .05 level.
2. The motor fitness before and after the training program of Aerobic Dance were significantly different at the .05 level.
3. The motor fitness before and after the training program of Rope Jumping were significantly different at the .05 level.
4. The motor fitness after the training program between the training program of Fundamental of Mae Mai Mouy Thai Calisthenics, Aerobic Dance and Rope Jumping were not significantly different at the .05 level.