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KOMET TIMA : NEEDS FOR EXERCISE FOR HEALTH AND PHYSICAL FITNESS OF TRAFFIC POLICE IN BANGKOK METROPOLIS. THESIS ADVISOR : ASSOC PROF. SOMBAT KARNJANAKIT, Ph.D. 207 pp. ISBN 974-636-629-7.

The purposes of this research were to study and to compare the needs of exercise for health and physical fitness of traffic police in the Bangkok Metropolis and also to set up a norm for police physical fitness. The research consisted of two parts. Part one was a survey research using the simple random sampling method. The questionnaire was constructed by the researcher, and 400 were sent out with 376 or 93.25 percent returned. The data were, analyzed in terms of percentages, means, and standard deviations. The F-test One-way Analysis of Variance and the Scheffe' method were also employed to determine the significance difference at .05 level. The second Part had 219 Police officers from four divisions; North, South, Thonburi and Traffic administration.

The Sport Authority of Thailand Fitness Test was used in order to collect data. The obtained data were then analyzed to obtain the means and standard deviations. Normalized T-Scores were also determined. The significant difference and the one-way Analysis of Variance and the Scheffe's Test were also employed to set up the norm for police physical fitness.

The result were as follows :

1. Needs for exercise for health and physical fitness of traffic police in the Bangkok Metropolis were at the high level in sport facilities and equipment ($\bar{X} = 3.51$), activity mode ($\bar{X} = 3.42$), physical fitness assessment ($\bar{X} = 3.39$) and academic knowledge ($\bar{X} = 3.12$) respectively
2. Needs for exercise for health and physical fitness of traffic police in the Bangkok Metropolis by Division were not significantly different at the level of .05 except in the aspect of time period for exercise.
3. Needs for exercise for health and physical fitness of traffic police in the Bangkok Metropolis among the four police divisions ; North, South, Thonburi, Traffic administration division were not significantly different at the .05 level except, in the aspect of time period for exercise.
4. The level of the total physical fitness score for all traffic police in the Bangkok Metropolis was good except in the level of percent of body fat which was moderate.

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