

#C541458 MAJOR PHYSICAL EDUCATION  
KEY WORD: DEEP MASSAGE/LACTIC ACID REMOVAL/RECOVERY

ANURAT MEPET: EFFECTS OF DEEP MASSAGE UPON LACTIC ACID REMOVAL AND RECOVERY. THESIS ADVISOR ASSOC.PROF.VIJIT KANUNGSUKKASEM, Ed.D. THESIS CO-ADVISOR PROF.CHUSAK VEJBAESYA, M.D. AND ASSOC.PROF. CHAROENTASN CHINTANASERI, M.D. 547 pp. ISBN 974-635-262-8

The purpose of this research was to study the effects of deep massage upon lactic acid removal, recovery and physical work capacity after the recovery period.

The samples were sixty healthy male volunteers, 19-20 years of age. The subjects were randomly assigned into 2 groups, experimental and controlled, 30 persons in each group. The procedures employed for each time on the experimental group were first exercised on bicycle ergometry by stepwise increasing load until reaching the intensity of 85% of the heart rate reserve and then rest coupled with deep massage for 10, 20 or 30 minutes, according to randomly picked times before repeating the same exercise again. The procedures conducted on the controlled group were the same as on the experimental group except during the rest period no deep massages were applied. These same procedures were repeated three times with two days apart to both of the experimental and the controlled groups. The data collected on blood lactic acid, heart rate, systolic blood pressure, diastolic blood pressure, oxygen consumption, respiratory exchange ratio, minute ventilation and physical work capacity were analyzed in terms of means, standard deviations, t-test, analysis of covariance, repeated analysis of variance and Tukey-a.

The results revealed that the effects of deep massage enhanced lactic acid removal, recovery and physical work capacity significantly at .05 level.

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ปีการศึกษา.....2539.....

ลายมือชื่อนิสิต.....อนันต์ วัฒน...

ลายมือชื่ออาจารย์ที่ปรึกษา.....

ลายมือชื่ออาจารย์ที่ปรึกษาร่วม.....