

##C541223 : MAJOR PHYSICAL EDUCATION

KEY WORD: BLOOD PRESSURE/HEART RATES/HORIZONTAL AND VERTICAL SEATED BICYCLE
SIRINART TONGPAKOB : (A COMPARISON OF THE SYSTOLIC AND DIASTOLIC
BLOOD PRESSURE AND THE HEART RATES BETWEEN THE HORIZONTAL AND
VERTICAL SEATED BICYCLE EXERCISE). THESIS ADVISOR : ASST.PROF.
CHALERM CHAIWATCHARAPORN, Ed.D., 88 pp. ISBN 974-584-341-5

The purpose of this research was to compare the systolic and diastolic blood pressure and the heart rates between the horizontal and vertical seated bicycle exercise. The subjects were thirty males of Chulalongkorn University staffs security personnel whose ages were not over forty years.

The equipments used in this research were the horizontal seated bicycle, EC 3500 and the vertical seated bicycle, EC 1500. The sphygmomanometer, stethoscope and the heart rate monitor were used in measuring the blood pressure and the heart rates during exercise.

The data were then analyzed by the Statistical Package for the Social Sciences Version X to obtain means, standard deviation and the test of difference by t-test. The results were :

1. There was a significant difference in the systolic blood pressure between the horizontal and vertical seated bicycle exercise at the level of .05.
2. There was not a significant difference in the diastolic blood pressure between the horizontal and vertical seated bicycle exercise at the level of .05.
3. There was a significant difference on the heart rates between the horizontal and vertical seated bicycle exercise at the level of .05.