

Nuttapon Paitoon 2010: A Conditioning Program for Increasing Legs Muscle Power of Male Students. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Suvimol Tangsujjapoj, Ph.D. 102 pages.

The purpose of this experiment research was to establish a conditioning program for increasing leg muscle power of male students, and to compare the effect of the conditioning program on leg muscle power of male students. Samples were 30 male students who were selected by multi-stage random sampling from the first-third year students majoring in physical education of Kasetsart University.

The research instruments were consisted of: 1) the conditioning program for increasing leg muscle power which was designed by researcher. The face validity of program was approved by 5 experts, meanwhile the program was tried-out by 20 male students (3 times a week) for 2 weeks in order to adapt into the appropriateness program; and 2) the vertical jump of Sargent, the validity was .78 and the reliability was .93. Samples were assigned to attend the program 3 times a week, one hour for each, for 8 weeks (November-December 2009). Moreover, there were tested by vertical jump before and after attended this program. Data were analyzed by using mean, standard deviation, one-way analysis of variance with repeated measure, and then compared to Tukey method.

Findings were showed that after attending this program for 8 weeks, the leg muscle power of male students increased at the statistical level of .05 after the fourth, sixth and eighth weeks.

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Thesis Advisor's signature