

Thesis Title : Needs and Pattern of Exercise for Health of Faculty of Education
Staff Chiang Mai University

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Abstract

The purpose of this study was to Investigate Needs and Pattern of Exercise for Health of Faculty of Education Staff. The sample were 73 and collected data by the questionnaires. Analysis data through program computer SPSS for Windows by percentage, mean and standard deviation.

The research finding were as follows :

1. Need of exercise were high level.
2. Pattern of exercise for health were
 - 2.1 Teaching about sports skill.
 - 2.2 Having courses of exercises for health.
 - 2.3 Having annual sports day.
 - 2.4 Testing of body fitness.
 - 2.5 Having sports day in Faculty of Education.