

NAREUDEE POJPONGSON : EFFECTS OF CIGARETTE SMOKING ON PRE-EXERCISE AND POST-EXERCISE ELECTROCARDIOGRAM AND MAXIMUM OXYGEN UPTAKE CAPACITY. THESIS ADVISOR : ASSISTANT PROFESSOR CHALERM CHAIWATCHARAPORN, Ed.D. THESIS CO-ADVISOR : SURAPUN SITTHISOOK, M.D. 82 PP.

The purpose of this research was to investigate the effects of cigarette smoking on pre-exercise and post-exercise electrocardiogram and maximum oxygen uptake capacity. The samples were 12 male athletes 1-2 years.

The results were as follows :-

1. The comparison of mean of the pre-exercise resting heart rates during exercise heart rates at the 3, 6 minutes, during recovery heart rates at the 3, 5, 8 minutes and R-wave during recovery at the 3, 5, 8 minutes of all experiments were significantly different at the level of .05.

The comparison of mean of during exercise heart rates at the 9 minutes, the R-wave of the pre-exercise at the 3, 6, 9 minutes were not significantly different at the level of .05 .

The study could not find any significant ST depression and the Premature Ventricular Contraction and the other irregular symptoms of the EKG.

2. The comparison of mean of the maximum oxygen uptake of the pre-exercise smoking group and the pre-exercise non smoking group was significantly different at the level of .05.