

C441255 : MAJOR PHYSICAL EDUCATION

KEY WORD: A MAXIMUM LEG MUSCLE STRENGTH/INITIAL ANGLES IN EXTENSION OF KNEE

JOINTS

SOMMAI THERNMEUNG : A COMPARISON OF MAXIMUM LEG MUSCLE STRENGTH AMONG THE DIFFERENT INITIAL ANGLES IN EXTENSION OF KNEE JOINTS OF UNIVERSITY STUDENTS. THESIS ADVISOR : ASSO.PROF. THANOMWONG KRITPET, Ph.D.,
77 PP. ISBN 974-582-426-7

The purpose of the study was to compare the maximum leg muscle strength among the different initial angles in extension of knee joints of university students. Subjects were 200 male and female university students whose ages were 18-23 years old by using a simple random sampling. The back and leg strength dynamometers were used for collecting the data. The obtained data were analyzed in terms of means, standard deviations, repeated measure analysis of variance. The Newman-Kuels was also employed for the multiple comparisons.

The results indicated that:

A maximum leg muscle strength among the all pairs of male and female students' initial angles in extension of knee joints were significantly different at the .05 level. A maximum leg muscle strength of male and female students' initial in extension of knee joints was the angle of 110 degrees. The leg muscle strength was gradually declined form the angles of 120, 100, 90, 80 and 70 degrees respectively.