

C341633 : MAJOR PHYSICAL EDUCATION

KEY WORD : EXERCISE/DURATIONS/BIOCHEMISTRY SUBSTANCES IN BLOOD

ANUTIN PACHOOTAI : EFFECTS OF EXERCISE PROGRAMS WITH DIFFERENT DURATIONS ON BIOCHEMISTRY SUBSTANCES IN BLOOD. THESIS ADVISOR:ASSIT. PROF. CHALERM CHAIWATCHARAPORN, Ed.D., 82 PP. ISBN 974-581-183-1.

The purposes of this research were to study and to compare the effects of exercise programs with different durations on biochemistry substances in blood.

Subjects were twenty female volunteer personnels of Chulalongkorn University, aged 25-40 years old. They were divided into two groups and matched group by blood cholesterol. The first group was trained for thirty minutes. The second group was trained for forty minutes. Both groups were trained with intensity at seventy percent of the maximum heart rate, three days per week for twelve weeks. The exercise programs were jogging-walking, ergometer and aerobic dance. After the experiment, the biochemistry substances in blood were then measured in both groups. The data were analyzed in term of means, standard deviations and t-test at the significant level of .05.

The results of this research were that:

1. The means of cholesterol and LDL between pre and post experiments of the first group was significantly different at the .05 level.
2. The means of glucose and triglyceride between pre and post experiments of the second group was significantly different at the .05 level.
3. The means of HDL between pre and post experiments of both groups were significantly different at the .05 level.
4. The means of glucose, cholesterol, triglyceride, HDL and LDL for post experiment of the both groups were not significantly different at the .05 level.