

C042131 : MAJOR PHYSICAL EDUCATION
KEY WORD RESTING HEART RATE/RESTING SYSTOLIC/RESTING DIASTOLIC/BLOOD PRES-
SURE/ MAXIMAL OXYGEN UPTAKE/BODY FAT

SAROJ NEUNGCHAMNONG : A COMPARISON OF THE EFFECT OF DIFFERENT TRAIN-
INGS IN SWIMMING ON HEART RATE, BLOOD PRESSURE, BODY FAT, AND MAXIMAL
OXYGEN UPTAKE. THESIS ADVISOR : CHAROON MESIN, ED.D. 85 PP. ISBN
974-581-630-2

The purpose of this research was to investigate the effects of differ-
ent training in swimming. The physiological variables used in this study were:
the resting heart rate, the resting systolic and diastolic blood pressure,
maximal oxygen uptake and the percent of body fat. The subjects were 30 sedent-
ary male from Chulalongkorn University students whose ages were 19-24 years
old. they were swimming two days a week and thirty minutes a day and three
days a week and twenty minutes a day for a period of eight weeks.

The results indicated that:

1. There were significant differences between the pre-test and
post-test at the .05 level on the swimming program which decreased the resting
heart rate, the resting systolic blood pressure and the percent of body fat,
and increased the maximal oxygen uptake. There were no significant differences
at the .05 level on the resting diastolic blood pressure.
2. The result of the comparison between two groups of swimming prog-
ram came out with no significant differences at the .05 level on the resting
heart rate, the resting systolic blood pressure, resting diastolic blood pres-
sure, the maximal oxygen uptake, and the percent of body fat.