

NITAS HARINDEJ : A STUDY OF THE MOTOR FITNESS OF PRATHOM SUKSA SIX STUDENTS IN ELEMENTARY SCHOOLS UNDER THE JURISDICTION OF THE BANGKOK METROPOLITAN ADMINISTRATION. THESIS ADVISOR : ASSIST. PROF. SILPACHAI SUWANTHADA, Ph.D., CHAROON MEESIN, Ed.D. 273 pp. ISBN 974-579-236-5

The purposes of this research were to investigate and to compare the motor fitness of prathom suksa six male and female students under the jurisdiction of Bangkok Metropolitan Administration and also to set up the motor fitness norms for these students. The Japan Amateur Sport Association motor fitness test was used in collecting data. The sample were prathom suksa six students randomly selected from the schools of twenty-four zones in Bangkok. The total amount of students were one thousand four hundred and forty students. The obtained data were analyzed into means, standard deviations, T-score. The t-test was also employed to determine the level of significant difference. It was found that:

1. The means of motor fitness scores in test items for prathom suksa six male students were 156.96 meters for the standing long jump, 18.92 times for the sit-ups, 12.04 times for the push-ups, 39.44 meters for the timed shuttle run, 936.00 meters for the 5 minutes distance run.

2. The means of motor fitness scores in test items for prathom suksa six female students were 137.53 meters for the standing long jump, 13.95 times for the sit-ups, 9.76 times for the push-ups, 37.27 meters for the timed shuttle run, 821.45 meters for the 5 minutes distance run.

3. The total motor fitness of prathom suksa six male students was significantly superior to that of prathom suksa six female students at the 0.05 level.

4. The total T-scores of the motor fitness norms for the prathom suksa six male students were 315 and over was very good, 283-314 was good, 218-282 was moderate, 187-217 was rather low, 0-186 was low.

5. The total T-scores of the motor fitness norms for the prathom suksa six female students were 308 and over was very good, 280-307 was good, 221-279 was moderate, 192-220 was rather low, 0-191 was low.