

PHAKAKRONG UTSANONT: EFFECTS OF HIGH IMPACT AND LOW IMPACT  
AEROBIC DANCE ON PHYSICAL FITNESS AND CHEMICAL SUBSTANCE IN  
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The purposes of this research were to study and compare effects of high impact and low impact aerobic dance exercise on physical fitness and chemical substance in blood.

Subjects were 31 volunteered sedentary female students stayed at Chulalongkorn University dormitory whose ages were 18-25 years old. They were divided into three groups. The first group was trained with high impact aerobic dance, the second group was trained with low impact aerobic dance and the third group was the control group. The two experimental groups were trained for 8 weeks with 3 days a week and 45 minutes a day. All three groups were then measured physical fitness and chemical substance in blood before and after the experiment. The data were analyzed in term of means, standard deviation, and t-test. The One-Way Analysis of variance and Scheffe method were used to determine the statistically significant difference at the .01 level.

It was found that:

There was no significantly different among high impact and low impact aerobic dance after the experiment on the physical fitness and chemical substance in blood at the .01 level. However the high impact group were indicated the resting heart rate and cardiovascular endurance were better than the control group at the .01 level. After the experiment, both of the high impact and low impact aerobic dance groups had more flexibility than the control group at the .01 level.