

Nopparat Buatim 2011: A Construction of Health – Related Physical Fitness Norms for High School Students of Bangkok Christian College. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Mr. Prasobchoke Chokemor, Ph.D. 177 pages.

The purpose of this research was to construct the health – related physical fitness norms for high school students of Bangkok Christian College.

The population was 1,197 high school students at Bangkok Christian College who were studying in the second semester of academic year 2010. The research instrument was the AAHPERD Physical Best which consisted of five items: 1.body mass index, 2.sit and reach, 3.1 minute modified sit – up, 4.pull - up and 5.1 mile walk/run test. The data were analyzed by mean, standard deviation and T-score for the norms.

The results showed that: 1) almost Bangkok Christian College high school students had body mass index (BMI), sit and reach, pull-up and 1 mile walk/run test at the level of fair. It was accepted that in 1 minute modified sit-up at the level of poor. 2) Norms for each physical fitness test items of Bangkok Christian College’s high school students were constructed by using T-score, and then the classifications each items were made based on 5 categories: excellent, good, fair, poor and very poor.

---

Student’s signature

---

Thesis Advisor’s signature