

Kittisak Makpan 2010: The Construction of Health-Related Physical Fitness Norms for the Level 2 Students of La-orutis Demonstration School Suan Dusit Rajabhat University. Master of Arts (Physical Education), Major Field Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D. 134 pages.

The purpose of this research was to conduct a study on Health-Related Physical Fitness Norms for the Level 2 Students of La-orutis Demonstration School Suan Dusit Rajabhat University. The research participants were 189 males and 139 females who were studying in Pratomsuksa 4-6 during the second semester of the 2009 academic year. The instrument used to conduct this study was the AAHPERD Health-Related Physical Fitness Test. The activity comprised of four items namely, body mass index, sit and reach modified sit-up and one-mile run/walk. The data were analyzed by using mean, standard deviation, percentage and the norm of each item and the total test.

The following were the results of Health-Related Physical Fitness Norms for all items among the Second Level Students: 1). The body mass index was categorized into five criteria: very thin, thin, medium, fat and very fat. The male students were rated from a scale of 14.63 and lower, 14.64-18.57, 18.58-22.52, 22.53-26.46 and 26.47 and higher. The female students were rated from a scale of 13.17 and lower 13.18-17.27, 17.28-21.38, 21.39-25.45 and 25.46 and higher. 2). The sit and reach item, modified sit-up and 1 mile run/walk were categorized into five criteria: excellent, good, fair, low, and poor. The results of the sit and reach item for the male students were: 12.17 and higher 12.16 -4.92,- 4.91-2.35,-2.34 - -9.60 and lower. The results of the modified sit-up for the male students were: 44.72 and higher, 44.71-34.90, 34.89-25.07, 25.06-15.25 and 15.24 and lower. The female students scored 44.79 and higher, 44.78-34.74, 34.73-24.68, 24.67-14.63, and 14.62 and lower. The results of the 1 mile run/walk for the male students were 8.23 and lower, 8.24 -10.50, 10.51-12.78, 12.79-15.05 and 15.06 and higher. The female students scored 8.32 and lower, 8.33-10.91, 10.92-13.51, 13.52-16.10, and 16.11 and higher. The result of the test for all items which were collected from male and female second level students was “average” for almost all students for the three categories.

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Student's signature

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Thesis Advisor's signature