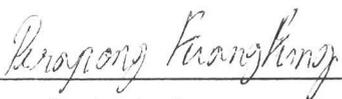


Perapong Fuangfung 2007: A Construction of Health-Related Physical Fitness Norms for the Second Level Students Pramaesakolsongkroh School Nonthaburi Province. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D. 154 pages.

The purpose of this research was to conduct a study on Health - Related Physical Fitness Norms for the Second Level Students Pramaesakolsongkroh School Nonthaburi Province.

The population used in this research were 431 males and 469 females. Who were studying in Level 2 during the second semester of academic year 2006. The instruments used to conduct this study was AAHPERD Health – Related Physical Fitness Test. The activity comprised of four items namely, body mass index, sit and reach, modified sit-up and run/walk 1 mile. The data were analyzed by using mean, standard deviation, percentage and the norms of each and 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 12.96 and lower, 12.97-17.22 , 17.23-21.50 , 21.51-25.77 and 25.78 and higher The female students were rated from a scale of 12.48 and lower 12.49-16.14 , 16.15-19.82 , 19.83-23.49 and 25.50 and higher. 2). sit and reach, modified sit-up and run/walk 1 mile was categorized into five criteria: excellent, good, fair, Low, and poor. The results of sit and reach for the male students were: 32 and higher 27-31 , 21-26 , 15-20 and 14 and lower . The female students scored 33 and higher, 27-31 , 27-32 , 21-26 , 15-20 and 14. and lower The results of modified sit-up for the male students were: 41 and higher , 33-40 , 25-32 , 17-24 , and 16 and lower . The female students scored 34 and higher, 27-33 , 20-26 , 13-19 and 12 and lower .The results of run/walk 1 mile for the male students were 9.11 and lower, 9.12 -11.45 , 11.46-14.21, 14.22-16.55 and 16.56 and higher . The female students scored 11.22 and lower, 11.23-13.27 , 13.28-15.33 , 15.34-17.37 and 17.38 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, except female students in body mass index which was thin.



Student's signature



Thesis Advisor's signature

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