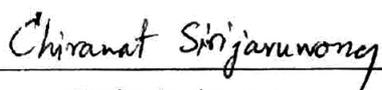


Chirawat Sirijaruwong 2007: A Construction of Health-Related Physical Fitness Norms for Students of Rajamangala University of Technology Thanyaburi. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D. 111 pages.

The purpose of this research was to construct health-related physical fitness norms for students of Rajamangala University of Technology Thanyaburi.

The population used in this research were 410 males and 460 females who were studying in the first semester of academic year 2006 at Rajamangala University of Technology Thanyaburi. The instrument used was the AAHPERD Health-Related Physical Fitness Test which consisted of three items: sit and reach, one minute sit-up, 1.5 mile run/walk, and the ACSM Fitness Test consisting of body mass index. The data were analyzed by mean, standard deviation, percentage and norms using raw scores. The norms were divided into five levels: excellent, good, moderate, low and poor, respectively.

It was found that the health-related physical fitness norms for male and female students of Rajamangala University of Technology Thanyaburi by using physical fitness tests: body mass index, sit and reach, one minute sit-up and 1.5 mile run/walk were at moderate level. The research provided health-related physical fitness norms for students of Rajamangala University of Technology Thanyaburi.


Student's signature


Thesis Advisor's signature

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