

Nawarat Suwanich 2014: The Acute Effects of Static, Dynamic and Static combined with Dynamic Stretching on Reactive Agility in Futsal Players. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sport Science.

Thesis Advisor: Mr.Niromlee Makaje, Ph.D. 81 pages.

The purpose of this research was to study the acute effects of static, dynamic and static combine with dynamic stretching on reactive agility in futsal players. The sample was 12 male age from 18 to 22 years who were futsal players at Kasetsart University, Kamphaengsean Campus. The reactive agility of the participants were test four times which consisted of before experimented and after stretching which static stretching, dynamic stretching and static combined with dynamic stretching. Data was analyzed using mean, standard deviation, t-test dependent. One-way ANOVA with repeated measure and multiple comparisons were performed using the Tukey's method. All test used the 0.05 level of significance.

The results of this study showed that reactive agility after stretching between static stretching, dynamic stretching and static combine with dynamic stretching were no significant difference. However, reactive agility after dynamic stretching were better than before experimented condition ($P<0.05$), as well as no significant difference in the static stretching and static combined with dynamic stretching when compared with before experimented conditions. The results support the use of dynamic stretching prior to reactive agility performance in futsal players.

Student's signature

Thesis Advisor's signature