

Charee Jansupom 2013: Effects of Resistance Training and Specific Movement on Muscle Power and Agility in Badminton Players. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Mr.Thawichai Khaothin, Ph.D. 117 pages.

The purposes of this research were to study and compare the effects of resistance training and specific movement on muscle power and agility in badminton players. The samples used in this study are badminton players of Thonburi Badminton Club, Bangkok of age 15 – 18 years. The subjects were randomly assigned into four groups, six subjects in each group. The first group was the control group which was assigned in badminton training program. The second group was the experimental group 1 which was assigned in badminton training program combined with resistance training program. The third group was the experimental group 2 which was assigned in badminton training program combined with specific movement program. The fourth group was the experimental group 3 which was assigned in badminton training program combined with resistance training and specific movement program. All four groups were trained three times a week. The muscle power (sargent jump test) and agility (sideways and four-corner agility test) was assessed three times; before, after the 4th and the 8th week of training. Data then were statistically analyzed by using mean, standard deviation, two way analysis of variance with repeated measure, one way analysis of variance with repeated measure and also the multiple comparison testing by the Tukey's method. All testing used the .05 level of significance. The results showed as following:

1. The mean of muscle power of three experimental groups were significant different at the .05 level after the 4th and 8th week of training but not significant different in control group.
2. The mean of agility in all experimental groups were significant different at the .05 level after the 4th and the 8th week of training.

The resistance training and specific movement improved muscle power and agility in badminton players.

Student's signature

Thesis Advisor's signature