

Tanapol Meedej 2015: The Acute Effect of Resting and Dynamic Stretching with Different Duration to 50 Metre Front Crawl Stroke Speed of Swimmers. Master of Science (Sports Science), Major Field: Sports Sciences, Department of Sports Science and Health. Thesis Advisor: Associate Professor Vullee Bhatharobhas, B.Ed. 116 pages.

The purposes of this research were to study and compare the acute effect of resting and dynamic stretching with different duration to 50 metre front crawl stroke speed of swimmers. The subjects consisted of 12 female national swimmers aged 18-22 years using the purposive sampling. The treatment for the subjects involved 1) a 1- minute stretching 2) a 2- minute stretching 3) a 2- minute rest period. The data of body temperature, stroke frequency, 25-metre swim speed and 50-metre swim speed were analyzed by using one way analysis of variance (ANOVA) with repeated measure and Bonferroni's multiple comparison which sets the significant difference at the level of .05.

The findings revealed that after the 1- minute stretching, the 2- minute stretching and the 2- minute rest period, the average of body temperature was not significantly different at the level of .05. The average of stroke frequency per 50 metres before the experiment, after the 1- minute stretching, the 2- minute stretching and the 2-minute rest period was not significantly different at the level of .05. The results of the average swim speed per 25 metres showed that the average of swim speed between after the 2- minute stretching and before the experiment and the average of swim speed between after the 2- minute stretching and after the 2-minute rest period were significantly different at the level of .001. After the 1- minute stretching and before the experiment, after the 2- minute stretching and the 2-minute rest period, the average swim speed was not significantly different at the level of .05. The average of swim speed per 50 metres before the experiment, after the 1- minute stretching, the 2- minute stretching and the 2- minute rest period were not significantly different at the level of .05.

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Thesis Advisor's signature