

Title Effects of Aerobic Dance with 9 Square on The Cardiovascular Endurance System and Percentage of Body Fat of Silpakorn University's Students

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Year 2016

Abstract

This experimental research was one group pretest-posttest design. The purpose of the study was to compare the effects of nine-square aerobic dance on the cardiovascular endurance system and percentage of body fat before and after the implementation. Simple random sampling was employed to select a sample group of fifty students who studied in Silpakorn University and enrolled in the Principle of Exercise for Health course in the first semester of 2012. The main instrument was aerobic dance with nine-square program. The samples were trained by aerobic dance with nine-square program for eight weeks, three days a week (Tuesday, Wednesday, Thursday), one hour a day (05.00 - 06.00 P.M.) Pre - and Post - tests were implemented before and after the experiment to test the subjects' cardiovascular endurance and percentage of body fat. Statistics used in analyzing data were frequency, percentage, mean, standard deviation, and t - test dependent.

The results showed that aerobic dance with nine-square program had a positive impact on cardiovascular endurance and percentage of body fat. Subjects' heart rate while exercising was 137.74 BPM in average, and after training, it was 113.04 BPM in average. It showed that students' cardiovascular endurance after training was proved significantly better than the result before training statistically ($p < .05$). As for the subjects' percentage of body fat, the results before and after training were at 25.88 % and 20.87 %, respectively. Therefore, subjects' percentage of body fat after training in eight-week program was significantly better than before training statistically ($p < .05$).

Keywords : aerobic dance, nine-square, cardiovascular endurance system, percentage of body fat