

ACKNOWLEDGEMENTS

We would like to express our deep gratitude to all volunteers for their help and participation as subjects in this study.

Sincere appreciation are also expressed to Assoc. Prof. Dr. Vijit Kanungsukkasem, Assoc. Prof. Dr. Tanomwong Kritpet, Assist. Prof. Dr. Silpachai Suwanthada, Assist. Prof. Dr. Ratee Ruangthai and Dr. Waipot Chansem for their magnificent comments and the correction of this project.

We would like to extend our appreciation to Miss Supranee Buranapraditkun for her excellent flow cytometry analysis. Special thanks are given to the staff of Sports Science and health laboratory, Faculty of Sports Science, Chulalongkorn University for their assistance.

We are very grateful to the Ratchadaphiseksomphot Endowment Fund, Chulalongkorn University and also Faculty of Sports Science Fund, Chulalongkorn University for financial support.

Finally, we would like to express our profound gratitude and appreciation to our family for their encouragement and understanding.