



**Researcher Titel** Model of Sport Management Arena for elderly (Sport Phat 1)  
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A study on Model of Sport Management Arena for elderly (Sport Phat 1), this time as a Research and Development are a Mixed research both Quantitative research and qualitative research using the interview questionnaire, in-depth interviews and group discussions by Focus Group. The purpose to study are 1) To create a Model of Sport Management Arena for elderly (Sport Phat 1) 2) To provide a guide to exercise activities for the elderly.

The population used in this study was an elderly person who used the service in the Sport Phat 1 250 people and the purposive sampling quantitative target groups are 150 people in Arena Sport Phat 1. The Data collection tool is an interview questionnaire. The assessment of the possibility and suitability of the exercise activity form with a khaoma cloth, which is a 3-person precision-test, the content-oriented value (IOC) is between 0.67-1.00, analyzing data using the SPSS and analyzing the content, frequency value, average percentage and standard deviation value.

Research studies showed that 1.The elderly had the need for activities that promoted the exercise with the Khaoma, a percentage of 56.00 and the aerobic activity in 46.00 percent. 2.The elderly have a knowledge of understanding of exercise at a moderate level of 48.00 percent. 3. The elderly have exercise habits are frequently observed ( $\bar{X}=3.06$ , S.D.=0.51). 4. The model of sport management arena for elderly (Sports Phat 1 stadium) consists of 3 elements: 1 ) Import factor 2). management 3). Productivity. 5.Model of Sport Management Arena for elderly (Sport Phat 1), The suitability of the exercise pattern with khaoma fabric is very high ( $\bar{X}=4.21$ , S.D.=0.69). 6. Exercise style with Khaoma fabric 3 steps Contains with Step 1 Warm up the body takes 5 -10 min. Step 2 workouts with 10-minute takes Exercises with a fabric activity khaoma and Step 3 relax (Cool down) using a 5-10 -minute duration.

**Keyword:** model, Elderly Sport Arena