

Boonlerst Ou-tayanik 2010: Health-Related Physical Fitness Development for Late Adolescence Students. Doctor of Philosophy (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Suvimol Tangsujjapoj, Ph.D. 340 pages.

The purpose of this study was to develop a health-related physical fitness model for late adolescent students. Subjects were 90 grade 11 students of Yannawatewittayakom School who were selected by purposive random sampling from students were screened by diagnosis the health status assessment and FITNESSGRAM Test assessment.

Research instruments of this study were composed of:- 1) the health status questionnaire which IOC was 1 as well as the Cronbach's alpha coefficient reliability was 0.75; 2) the FITNESSGRAM Test of the Cooper Institute for Aerobic Research and Physical Fitness Norms for late adolescent students in Bangkok which constructed by the researcher; and 3) the exercise programs were designed by researcher for developing:- a) cardiorespiratory endurance; b) abdominal strength endurance and; c) lower back and thigh flexibility. Their IOC validity were 0.67-1.00. Ninety students were divided into 3 groups, 30 for each (15 boys and 15 girls) were attended to the exercise program for developing cardiorespiratory endurance, abdominal strength endurance and lower back and thigh flexibility. Students in each group were required to test the FITNESSGRAM before and after attending exercise program 8 weeks. Data were analyzed by using means, standard deviation and paired samples t-test.

Findings were revealed that there were significant differences in mean scores of the PACER, Curl-Up, Back-Saver Sit and Reach, and Body Mass Index before and after intervention training at .01 level. It can be concluded that this health-related physical fitness development model including test manual were practical to improve health and fitness of late adolescence students.

---

Student's signature

---

Thesis Advisor's signature