

Ekkachai Sribunrueang 2007: A Construction of Health-Related Physical Fitness Norms for the Third level Students of Suksasongkrohbangkruai School Nonthaburi Province. Master of Arts (Physical Education), Major Field: Department of Physical Education.

Thesis Advisor: Associate Professor Boonsong Kosa, PhD. 149 pages.

The purpose of this research was to conduct a study of Health Education related to Physical Fitness Norms of the third grade students of Suksasongkrohbangkruai School, Nonthaburi Province. The data was taken from the third grade students of Suksasongkrohbangkruai School with a total population of 276 students, 121 males and 155 females. The instruments used to conduct this study was the AAHPERD Health - Related Physical Fitness Test. The activity comprised four items namely; body mass index, sit and reach, modified sit-up and run/walk 1 mile. The data were analyzed by using mean, standard deviation, percentage using the norms of each and total test.

The following are the results of this study which was based from the four components of health education. The body mass index was categorized into five criteria: very small, small, medium, large and extra large. The male students from the third grade of Suksasongkrohbangkruai School scored lower than the female students. The male students scored 13.63, 13.64 -16.90, 16.91 - 20.18, 20.19 - 23.45 and 23.46 and higher. The female students scored 14.93, 14.94 -17.84, 17.85 - 20.76, 20.77 - 23.67 and 23.68 and higher. Sit and reach, modified sit-up and run/walk 1 mile was categorized into five levels: excellent, good, fair, poor, and very poor. The scores of sit and reach for the male students were: higher than 43.79, 37.44 – 43.78, 30.91 – 37.43, 24.21 – 30.90 and lower than 24.20. The female students' scores were: higher than 43.86 37.48 – 43.85, 31.09 - 37.47, 24.71 – 31.08 and lower than 24.70. The scores in modified sit-up for the male students were: higher than 50, 44 - 49, 37 - 43, 31 - 36 and lower than 30. The female students' scores were: higher than 40, 34-39, 27 - 33, 21 - 26 and lower than 20. The scores in run/walk 1 mile for the male students were: lower than 5.51, 5.52-7.28, 7.29-9.06, 9.07-10.83 and higher than 10.84. The female students scored: lower than 8.85, 8.59 -10.14, 10.15 - 11.71, 11.72 - 13.27 and higher than 13.28.

The findings of the Health Education study related to Physical Fitness norms level of the third grade students of Suksakongkrohbangkruai School, Nonthaburi Province is fair.

E Sribunrueang  
Student's signature

B. Kosa  
Thesis Advisor's signature

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