

Patra Rattanatomjaroen 2011: Comparisons the Effect of Aerobic Dance to Plong Aerobic Dance on Cardiovascular Endurance of Kasetsart University Female Students.
Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Charnchai Khuntisiri, M.A. 240 pages.

The purpose of this study was to compare the effect of aerobic dance to Plong aerobic dance on cardiovascular endurance of Kasetsart University female students among within and between groups after the fourth and the eighth weeks. Samples were 60 students who were selected by purposive sampling. They were divided into 3 groups (20 for each): control group, experimental group 1 (aerobic dance), and experimental group 2 (Plong aerobic dance).

Research instruments were the aerobic dance and Plong aerobic dance programs which were designed by the researcher. They were tried-out by 10 college students. Meanwhile the face validity of the instruments were approved by 5 experts. Testing maximum oxygen consumption by Astrand-Ryhming ergometer was the indicator of cardiovascular endurance before and after the 4th and 8th weeks of training. Data were analyzed by using mean, standard deviation, and one-way ANOVA with repeated measures in order to compare the mean differences among the control group and two experimental groups before and after the 4th and 8th weeks, then comparing the match-paired test by Tukey.

Results were showed as follows: 1) the cardiovascular endurance of experimental group 1 and group 2 after the 4th and 8th weeks training were significant differences at .05 level., and 2) there were significant differences of cardiovascular endurance at .05 level between the control group and the experimental group 1 after the 8th weeks; as well as the control group and the experimental group 2 were significant differences at .05 level after the 4th and 8th weeks. However, there were no significant differences in statistic between the experimental group 1 and group 2 after the 4th and 8th weeks.

Student's signature

Thesis Advisor's signature