



ไม่แตกต่างกัน อย่างมีนัยสำคัญทางสถิติ ที่ระดับ .05

3. ผลการเปรียบเทียบ ชีพจร และความดันโลหิต ก่อนการฝึกและหลังการฝึกสัปดาห์ที่ 8 พบว่า นักศึกษาที่เรียนคณะต่างกันมีชีพจรและความดันโลหิต แตกต่างกันอย่างมีนัยสำคัญทางสถิติ ที่ระดับ .05

จากผลการวิจัยสรุปได้ว่า โปรแกรมการฝึกว่ายน้ำที่พัฒนาจากคู่มือการฝึกกีฬาว่ายน้ำ ของสมาคมผู้ฝึกสอนกีฬาว่ายน้ำแห่งประเทศไทย โดยทำการฝึก 3 วันต่อสัปดาห์ เป็นระยะเวลา 8 สัปดาห์ สามารถพัฒนาสมรรถภาพทางกายของนักศึกษาดีขึ้น

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<b>Thesis Title</b>	Effects of Swimming Learning on Physical Fitness Blood Pressure and Pulse of undergraduate Students in Institute of Physical Education Yala Campus.
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<b>Major Program</b>	Health Promotion
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### Abstract

The objective of this research study is to study and to make a comparison of the effects of swimming Learning on physical fitness, blood pressure and pulse of undergraduate students in Institute of physical Education Yala campus. The samplings group used are the first year physical educational students. Academic year 2008. Age ranging of 19.76 years old from 3 faculties numbering of 58 students. Those are chosen by purposive samplings. The samplings group participated the Swimming lesson according to the program which has been developed by the researcher's manual of swimming training course of the association of the swimming trainer of Thailand. Swimming training 3 days per work last for 8 weeks.

Data collection by means of the testing of physical effectiveness by the department of physical Education both prior and post 8 weeks of swimming training. Analysis data by the calculation of the ratio of standard deviation, analysis of the variables and different parity test by the method of Shefe which required the statistical significance level of .05

The result of the research found that.

1. Prior to the training the samplings group consisted of physical fitness ratio as follow. The average of the lung capacity is 2472.47 Millimeter Grip strength mean 37.31 kg Leg strength mean 82.73 kg Forward flexibility mean 6.28 cm Standing Board Jump mean 154.79 cm. 50 meter dash with time consumed of 8.34 seconds. Sit up time is 30 seconds. With the average of 23.67 times. After 8 weeks of post training. The samplings group consisted of physical fitness in an average lung capacity of 2,597.24 Millimeter Grip strength mean 39.66 kg Leg strength mean 86.47 kg Forward flexibility mean 7.71 cm Standing Board Jump mean 156.79 cm . 50 meter dash with time consumed of 8.12 seconds. Sit up time is 30 seconds with the average of 27.40 times

2.The comparison of physical fitness prior to the training and post training after 8 weeks found that those students who study in different faculties consisted of physical fitness particularly in the Capacity of the lung, strength of the leg, the flexibility of the body, long jump, 50 meter dash and sit up in 30 seconds on the part of the grasping of the hand found that. It contains no different of statistical significance level of .05

3.The result of the comparison of the pulse, blood pressure both prior and post to the 8 weeks swimming training course found that. Those students who study at different faculties consisted of pulse and blood pressure differently with the statistical significance level of .05

The conclusion result of the research is as follow. The swimming training program which has been developed by the researcher manual for swimming training course of Thailand by the method to develop better physical fitness of the students.

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