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ที่ใช้รูปแบบการเดินทางต่างกัน

A Comparison of Physical Fitness of Students at Prince of Songkla University Pattani
Campus Using Different Means of Transport

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Abstract

This research had two objectives: 1) to compare the physical fitness of the students who used different means of transport, and 2) to specify the standard criteria of physical fitness of the first-year students at Prince of Songkla University, Pattani Campus.

The subjects were 300 first-year students at Prince of Songkla University, Pattani Campus selected by a simple random sampling. They were classified into three groups according to the means of transport they used daily on campus: bicycling, riding a motorcycle and walking. The research instrument was the Test of Physical Fitness and Health for Asian Youth that measured the skinfolds, sit and reach, pull-up, sit-up and one-mile endurance run.

The findings were as follows:

1. The means of transport, bicycling, riding a motorcycle and walking, affected significantly the difference in the physical fitness of male students measured by the skinfolds at .05 and the one-mile endurance run at .01. The difference was not found for the sit and reach, pull-up or sit-up. Among the female students, significant differences were found for the skinfolds and sit and reach at .01, but was not found for the pull-up, sit-up, or one-mile endurance run.
2. There were two types of standard criteria of physical fitness: the percentile type and the range type. The percentile type showed every percentile of the students' physical fitness measured. The range type of standard criteria showed the average scores of each measure of physical fitness. The average

scores of physical fitness of male students were 24.37 millimeters for skinfolds, 11.61 centimeters for sit and reach, 9.98 times for pull-up, 36.24 times for sit-up and 8.95 minutes for one-mile endurance run. For female students, they were 35.83 millimeters for skinfolds; 9.25 centimeters for sit and reach, 0.43 times for pull-up, 22.13 times for sit-up and 12.30 minutes for one-mile endurance run.