FATIGABILITY OF ARMS AND LEGS OF BOXING AND THAI BOXING TRAINING

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This study is being undertaken to compare fatigability of arms and legs of 12 Thai boxers, 12 international boxers and 12 control subjects.

Physical fitness tests and the maximum tapping speed tests of rt. and lt. indexes, rt. and lt. big toes were performed for 2 minutes. The maximum boxing of rt. and lt. hands and the maximum kicking of rt. and lt. legs were done for 3 minutes. It was found that;

1. For volumes of arm and leg, % body fat and trunk flexibility, there were no significantly difference among the three groups. The mean value of rt. hand strength of the NB group was higher than that of the IB. There was no significant difference in the mean values of lt. hand strength among the three groups. The mean value of leg strength and agility of the NB were the highest and the lowest was the TB.

2. The maximum tapping rates of index and big toe were maximum at the beginning, then they gradually declined at high rate. It was reported that there was no significant difference among the three groups in the first 10 secs. During the 11th-120th secs., it showed that maximum tapping rate of the TB's indexes was higher than those of the others but the tapping rate of rt. index of the IB and the NB group were not different. In addition, there was no significant difference in the tapping rate of lt. index among the three groups. For the tapping rates of rt. and lt. big toes of the three groups in every 10 seconds, they were not significantly different.

3. The fatigue indexes (decreasing numbers of tapping) of the tappings of rt. and lt. indexes, and rt. and lt. big toes at first 30 secs. were maximum, then they were gradually decreased. However, the fatigue indexes of rt. and lt. indexes, and rt. and lt. big toes of the three groups were not significantly different.

4. The numbers of boxing of rt. hand of the three groups were maximum at the first 15 secs. and were not different during the 16th-180th secs. The numbers of boxing of the three groups were not significantly different but the numbers of boxing of the TB were higher than those of the NB group. The numbers of boxing of lt. hand of both boxing groups in the first 15 secs. were not significantly different but the numbers of boxing of lt. hand of the IB were higher than those of control group. During the period after the first 15 secs. of boxing, it was found that the numbers of boxing of lt. hand of the TB were higher than those of the NB group. However, the numbers of boxing of lt. hand in every 15 minutes of the TB compared with the IB were not significantly different. The numbers of kicking of rt. and lt. leg were maximum at the first 15 seconds. It was found that the numbers of kicking of rt. and lt. leg of the three groups were not significantly different. The numbers of kicking of rt. and lt. leg of the NB group were higher than those of the others during the 31st-180th seconds but the comparison between the TB and the IB were not different.

5. The fatigue indexes of boxing and kicking of rt. and lt. hands, and rt. and lt. leg of the three groups were not significantly different.

The fatigability of indexes, big toes, arms and legs of the three groups were not significantly different.
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โดย วิศวกรรมศาสตร์ ความยืดหยุ่นแขนและขาของนักมวยที่ฝึกอบรมสากลและ
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ที่ทำงที่ศึกษาด้านทางสังคมศาสตร์ และความเสี่ยงต่างๆ ของ

1. ปริมาณการขน, ปริมาณการขน, % ที่มีในการรักษา, % รวมๆที่มี

2. อธิบายการค่าความต่างๆ ของนักมวยที่ฝึกอบรมสากล และนักมวยไทยที่มี

3. ความต่างของการขนซ้ำๆ ซึ่งในช่วง 30-60 วันที่แรกจะมีกิจกรรม

4. จำนวนครั้งของการต่อสู้สูงของนักมวยที่ฝึกอบรมสากล มีค่าสูงสุดในระยะเรียน

5. ความเสี่ยงของการต่อสู้สูงของนักมวยไทยซึ่งมากกว่า

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