

Independent Study Title	The Survey of Physical Fitness in People with Physical Disability						
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Independent Study Advisory Committee	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Asst. Prof. Dr.Prapas Pothongsunun</td> <td style="text-align: center;">Chairperson</td> </tr> <tr> <td style="text-align: center;">Lect. Patraporn Silitertpisan</td> <td style="text-align: center;">Member</td> </tr> </table>			Asst. Prof. Dr.Prapas Pothongsunun	Chairperson	Lect. Patraporn Silitertpisan	Member
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ABSTRACT

The purposes of this study were to survey the level of Physical Fitness in People with Physical Disability. The samples were 52 people (39 male and 13 female). The instrument consisted of resting heart rate, blood pressure, portable mouth pressure, hand - grip strength, hamstring/low back flexibility, total skin folds, 6 minute walk test. The results showed that

1. Mean resting heart rate 77.85 ± 7.49 beats/minute
2. Mean systolic Blood Pressure 115.57 ± 12.59 mm. Hg
3. Mean diastolic Blood Pressure 75.19 ± 11.29 mm. Hg
4. Mean Portable mouth pressure 87.06 ± 30.70 cm. H₂O
5. Mean hand - grip strength 30.76 ± 11.34 kg
6. Mean hamstring/low back flexibility 5.99 ± 8.03 cm
7. Mean total skin folds 48.11 ± 16.54 mm
8. Mean 6 minute walk 405.06 ± 97.35 m

Data conclusion in this study presented a practical way in physical fitness testing in the disabled which further study should be continued in the greater numbers of measuring method and subjects