

**Exercise Program for Primary School Children Aged 7-12 According to the Policy
"Moderate Class more Knowledge", Trang Province.**

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Abstract

The objective of this research was to create a practice exercise program and to plan the management of the teaching by policy "reduce class time, add time to know" by the results of a physical examination before and after training with this program. This study compares the different physical fitness of children the primary school age 7-12, the subject is divided into 2 groups. The volunteer of trial group were 35 students from Ban Kounyang School and the control group was 35 students from Ban Khuanyuan School. The tool used in this research including with 1. The exercise program consists of the Run Snakes & Ladders, Run the triangle, hex-five, Lift your feet across the cone, feet burpee across the cone, jump his horse gallop across the cone (gallop), jump over the fence, and jump over the fence triangle. Set up the workout 30-40 minutes per day for at least 6 weeks of 3 days. 2) The physical examination in relation to health for Thai children aged 7-18 years. Data analyses by looking for the percentage values, average values, standard deviation values and t-test.

The research has found that the results of the physical examination between the trial group and the control group. Body Mass Index before training was (18.59±3.97), (18.38±4.55) and after training was (18.77±3.96), (18.61±4.64) Kg.m². Skinfold Thickness (%Fat) before training was (27.76±9.87), (28.56±10.78) and after training was (25.53±7.79), (26.95±9.43). Sit-Ups 60 Seconds before training was (18.57±8.31), (22.54±7.01) and after training was (18.11±8.01), (23.03±6.68) Times. Push-Ups 60 Seconds before training was (18.91±7.58), (18.66±5.10) and after training was (21.40±6.74), (19.09±5.18) Times. Sit and Reach before training was (4.54±5.96), (5.33±7.26) and after training was (4.92±4.93), (4.15±4.62) cm. Zig-Zag Run before training was (18.78±2.64), (18.47±1.94) and after training was (18.66±2.45), (20.12±2.03) Seconds. Distance Run before training was (8.27±1.43), (8.72±1.22) and after training was (7.70±1.63), (8.58±1.23) Minutes. Sit-Ups 60 Seconds and Distance Run of the trial group and the control group before and after the training workout program 6 weeks are different at a statistical significance level .05 no there is a significant difference in the statistics. From this research has suggested. Should take the test as long as training fitness program 8-weeks or one semesters in order to see the changes more apparent than ever. And should take the form of training exercise program or how to apply to planning, management, teaching policies, reduce time to study how to promote the healthy growth and a healthy physical and athletic.

Key Words: *Exercise program, primary school children, the management of the teaching, the Policy "Moderate Class more Knowledge"*

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Introduction

Exercise is essential for every one of all ages, but at present there are facilities. Plenty as well as technological advances. Make human exercise less. The most important cause for premature death in the world today is cardiovascular disease, Stroke, Cancer, and Chronic obstructive Pulmonary.

Obesity is a problem for children around the world, including Thailand, due to lack of regular exercise. And eating unprofitable and age-appropriate foods. Because of the observation and follow-up of school-aged children in 2010, obesity was found in 13.7 percent and in 2011 it was found that 17.0 percent of obesity was caused by non-food consumption behavior.

Appropriate unprocessed food consumption and age-appropriate intake. The children eat only 1.5 tablespoons daily, in spite of not eating at least 12 tablespoons daily, and lack of exercise regularly, found that children aged 6-9 years were 59.4% full fitness exercise not exercise. 32.7% of them did not exercise and 7.9% did not exercise, while 77.1% of children under 10-14 years of age exercised a high level of fitness, 18.5% did not exercise, and did not fully exercise. 4.1 per cent of these behaviors lead to chronic non-communicable disease. (Pornthep, Director-General of the Department of Health) It is well known that exercise in childhood is important. In addition to healthy children are healthy. It also results in children with mental and emotional well-being as well as well. Especially children growing up and in school age. Exercise is the foundation of both physical and mental for children. It also helps to promote the growth of the body and mind. And improve the fitness of the body to work effectively.

Childhood is a period of physical, mental, emotional, social and intellectual development. Exercise helps promote the body's systems, such as the skeletal system, the muscular system. Joint

system including the mental health of children as well. Exercise in elementary school age 7-12 years should be suitable for brain and body condition. Do not play too heavy get enough food and rest, Focus on all parts of the body. To achieve maneuverability and coordination, such as jumping and jumping, it improves growth and improves endurance, sports, swimming, biking and more difficult games. Including activities that lead to sports, so that children exercise. Parents and parents must make an example for children to see and practice. Children who love exercise should change their daily routines. To have more exercise activities in daily life. In order to replace non-creative activities such as playing games, watching TV are all activities that are significantly affected.

Guidelines for the Reform of Education One policy of the government is to reduce the academic study time. But it does not affect the main content that children should learn. Schools must organize creative activities. Have students practice, it should be a diverse activity that enhances critical thinking skills. Kindness teamwork and most importantly, there should be activities to encourage children to find their potential and liking. It is believed that all children are special. Have the ability of their own Activities do not need to be open to the same room. Or the same class some activities can be studied or collaborated on several levels. To the children to adapt Help Interaction with many people ages. By simulating real conditions in society, children learn. This will further enhance the problem solving skills for Thai children.

Based on the policy of reducing the study time. Put into practice Exercise program for elementary children. It was designed to meet the needs of physical maturity and the social psychological environment of childhood. Starting from the response to the developmental psychological needs of childhood. (Developmental Psychology), which aims to

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promote the development of children's movement to be accurate according to the maturity of older children in the age range of 7-12 years. It aims to promote the development of basic movement (Fundamental Movement) with the aim of developing the work of the big muscles. It can be used in various types of early childhood play activities, including the physical abilities of children 7-12 years of age.

For that reason the researcher designed a physical exercise program to test the physical fitness of children aged 7-12 years to promote health, growth and well-being. Meet the needs of physical maturity and social psychological environment. The results of this research will be very useful in guidance. And it is a form to use to plan the management of teaching and learning by reducing the time to learn more time to know.

Purpose of Research

The main objective

1. To prepare the form of training and fitness program to plan the management of teaching policies, reduce time to increase the time.
2. To promote the health, growth and a healthy physical and athletic. Meet the necessary physical maturity and psychosocial environment with age.

Secondary objective

3. To study the effects of exercise program on physical fitness of primary school children aged 7-12 years.
4. To study the comparison of pre and post-training follow an exercise program on the physical fitness of primary school children aged 7-12 years.
5. To study the comparison of pre and post-training follow an exercise program on the

physical fitness of primary school children aged 7-12 years between the experimental group and the control group.

Materials and Method

Population - the population used in this the study was 108 elementary school students are between 7-12 years of age, Ban Kouyang School and Ban Khuanyuan School, Trang province. **Sample group**: the subject is divided into 2 groups. The volunteer of trial group was 35 students from Ban Kouyang School and the control group was 35 students from Ban Khuanyuan School.

Research Instruments

Instruments that used in this research including with

1. The exercise program consists of the Run Snakes & Ladders, Run the triangle, Hex-five, Lift your feet across the cone, Feet burpee across the cone, Jump his horse gallop across the cone (gallop), Jump over the fence, and Jump over the fence triangle. Set up the workout 30-40 minutes per day for at least 6 weeks of 3 days.
2. The physical examination in relation to health for Thai children aged 7-18 years.

Data Collection

The researchers divided the group into two groups of 35 students in a grade 4-6 age group 7-12 years, first as a group. Student volunteers Ban Khuan Yang of 35 people as a group exercise using exercise programs and group 2 student volunteers Ban Kuan Yuan Trang 35 as a control group and did not have the program in any way. Steps taken to prepare for collecting the data.

1. Research objectives describe the process of implementations to the thorough research. The director of the School, The experimental group and the control group

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2. The research demonstrated Training and exercise program given to the intervention group understanding. And can exercise on their own.

3. The data were collected with a physical fitness test before the trial. In the experimental group and the control group.

The process of training

The experimental group was trained as a fitness program. Start by warming up (warm up) with physical movement or exercise, gently twist the torso, arms, legs, tilt, flick jump or jog. It takes about 5-10 minutes to condition your body with exercise. The training program will include exercise,

- Run Snakes & Ladders
- Run the triangle
- Hex-five
- Lift your feet across the cone
- Feet burpee across the cone
- Jump his horse gallop across the cone (gallop)
- Jump over the fence
- Jump over the fence triangle

For 30-40 minutes a day and stretching the muscles (cool down) take about 5-10 minutes to reduce injury to the muscles and ligaments around the joints. Take the time to train 3 days a week for 6 weeks.

The implementation of data collection

1. Experimental group and the control group were tested by a physical fitness test related to healthy children aged 7-18 years, Thailand's Board of Sports and Fitness Academy. And cognitive development Department of Health, including body mass index, measuring the thickness of subcutaneous fat, sit - up to 60 seconds, 30 seconds, push-ups, sit, bend forward run around and go the distance. And check the integrity of data in its entirety.

2. The experimental group trained as a fitness program. The control group did not have the program in any way.

3. Tracking and make recommendations. The duration of the exercise program. In the area of continuing education every week during the study.

4. At the end of 6 weeks after the group was trained by an exercise program. The experimental group and the control group were tested by a physical fitness test related to healthy children aged 7-18 years, Thailand again. And keep a notebook of information. To be used as statistical analysis and comparative data and check the integrity of data in its entirety.

5. Information obtained in each section. And set down the code and save the data into the computer program.

6. Processed and analyzed by the computer program and conclusion.

Data analyses used SPSS statistics ver.16 by looking for the percentage values, average values, standard deviation values and t-test.

Results of the study

The research had found that the results of the physical examinations between the trial group and the control group Body Mass Index before training was (18.59±3.97), (18.38±4.55) and after training was (18.77±3.96), (18.61±4.64) Kg. m². Skinfold Thickness (%Fat) before training was (27.76±9.87), (28.56±10.78) and after training was (25.53±7.79), (26.95±9.43). Sit-Ups 60 Seconds before training was (18.57±8.31), (22.54±7.01) and after training was (18.11±8.01), (23.03±6.68) Times. Push-Ups 60 Seconds before training was (18.91±7.58), (18.66±5.10) and after training was (21.40±6.74), (19.09±5.18) Times. Sit and Reach before training was (4.54±5.96), (5.33±7.26) and

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after training was (4.92±4.93), (4.15±4.62) cm. Zig-Zag Run before training was (18.78±2.64), (18.47±1.94) and after training was (18.66±2.45), (20.12±2.03) Seconds. Distance Run before training was (8.27±1.43), (8.72±1.22) and after training was (7.70±1.63), (8.58±1.23) Minutes.

Conclusion and Discussion

BMI (Body Mass Index: BMI) to assess the suitability of the proportion of body weight and height that after training the experimental group followed an exercise program. There was not much change this may be because Duration of training for 6 weeks, 3 days is too little time for the changes to weight and height. The results of weight gain since early adulthood is growing and in school. Could get food and rest. However, some children may be eating the right amounts and proportions, not age. (Porntep, Direct-General Department of Health).

The thickness of subcutaneous fat (The percentage of fat in the body) by study criteria, the thickness of subcutaneous fat. According to the formula to calculate the percentage of fat in the body fat measurement, including 2 position. The rear upper arm (TRICEPS) and inner thigh area (MEDIAL CALF) found that after exercise training program. The thickness of subcutaneous fat, both of which resulted in a decrease in the percentage of fat in the lower body before exercise training program. This may be because Fitness program, which takes approximately 60 minutes per session for 6 weeks, 3 days are Monday, Wednesday and Friday is an exercise which is quite heavy and continuous. Because fat accumulation in the body may contribute to the percentage of fat in the lower body were consistent with the findings of Wissanu Samanya (2556:63)

The physical fitness test 5 items include sit-up 60 push-ups 30 sit bent forward run around and distance running was all a test after the training exercise program for 6 weeks different. Before training exercise program with statistical

significance at the .05 level. All reasons exercise program, the researchers created a heavy program. It takes approximately 60 minutes exercise per day for 6 weeks with 3 exercise regularly and consistently. Would affect the whole body muscle development. The strength of the muscle and heart function and blood flow. Flexibility and elasticity of joints, so the results compared. The ability to test the physical fitness training program 5 after exercise, so different from the first training exercise program. Statistically significant at the .05 level. Every transaction is consistent with the findings of Wissanu Samanya (2556: 63-64). The practice aerobics with martial arts, Muay Thai has on physical health of high school students for 3 years found that after training for 8 weeks, samples are practicing all different from before joining the program. there were statistically significant.

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When comparing the test results of the students, the subjects between the experimental and control groups. Both before and after the 6-week exercise program, 60-second sit-ups and remote runners were used. Before and after the 6-week training program, there was a statistically significant difference at the .05 level. There was no statistically significant difference.

Suggestions

From this research has suggested. Should take the test as long as training fitness program 8-

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weeks or one semesters in order to see the changes more apparent than ever. And should take the form of training exercise program or how to apply to planning, management, teaching

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