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APPENDICES

Physical Parameter of the endurance trained athletes

Name	AGE	WT	HT	SBP	DBP	VO2max	Wmax	%fat	HRR	HRMAX	ET
1	22	45	152	110	60	57	200	14.6	45	172	11.3
2	24	53	158	120	80	52	250	16.7	61	175	12.5
3	25	56.2	168	120	80	81.5	325	11	48	169	15.3
4	24	57.3	163	110	80	77.8	275	17	53	188	15.2
5	20	54	173.5	120	70	60.6	300	14.6	54	170	13.4
6	22	57.6	163	110	80	62.2	275	11.9	52	168	14.4
7	20	56	172	110	70	60.4	300	13.1	46	171	13.5
8	23	60	168	110	70	58.4	350	15.9	57	194	14.4
9	21	60	168	110	70	80.5	325	14.6	49	173	16.55
10	25	59	158	100	70	62.9	275	11.9	65	170	15.2
11	20	59	177	110	70	54	300	15.2	53	170	13.35
12	20	73	180	110	70	50	275	18.4	51	170	13.35
13	23	55	167	110	60	57	250	13.8	57	195	13.45
14	23	54.35	162.5	90	70	56.2	300	14.2	71	170	13.2
15	20	64.5	170.5	100	80	53.2	300	16.4	61	170	12.15
16	21	53.15	157.5	100	60	63.8	325	13.5	69	171	14.3
17	25	54	166	100	60	70	300	11.5	62	191	15.3
18	25	55	168	100	60	75	300	12.6	71	175	14.5
19	24	55	168	100	60	68	300	11.9	51	180	15
20	23	53	166	100	60	59	250	11	52	185	14.3
MEAN	22.5	56.705	166.3	107	69	62.975	288.75	13.99	56.4	176.35	14.0325
SD	1.91	5.46	6.79	8.01	7.88	9.52	33.91	2.15	8.02	9.05	1.25

ต้นฉบับ หน้าขาดหาย

Physical Parameter of the sedentary subjects

Name	AGE	WT	HT	SBP	DBP	VO2max	Wmax	%fat	HRR	HRmax	ET
1	21	57.1	174	110	70	38.9	200	14.9	74	200	9.5
2	21	56.3	163	120	70	31.2	150	18.8	86	189	9
3	21	58.5	174.5	120	80	32.2	175	17.8	67	187	8
4	20	58.4	172	120	70	37.2	200	15.2	67	184	10
5	22	52	163.5	120	70	47.9	225	17.3	62	196	11
6	20	55	168	120	70	45.7	225	20.3	83	178	12
7	21	60	170	110	70	46.5	250	15.2	57	192	12
8	25	57	168	110	70	29.2	175	18.4	61	178	10
9	25	52	170	110	70	30.3	175	13.1	78	175	11
10	23	57.5	170	110	70	35.9	175	17	68	170	10
11	20	63.25	182	120	80	35.6	200	15.5	69	170	10.45
12	25	65	171	120	80	30.4	225	19.8	62	180	11.25
13	20	73	172	110	70	34.4	250	24.4	51	200	12.5
14	20	67.3	174	120	70	36.5	225	21.1	59	175	11.05
15	20	75.8	167	120	70	35.8	225	21.1	64	197	14.55
16	20	64	179	110	70	43	225	17.6	77	198	12.1
17	20	61	179	120	80	34.4	200	18.4	75	197	11
18	25	71	176	120	70	33.8	200	20.9	73	181	14
19	23	64	176	120	80	33.8	200	19.5	67	185	11
20	22	68	168	120	80	35.5	200	16.4	68	189	11
MEAN	21.7	61.81	171.85	117	73	36.41	205	18.14	68	186	11.07
SD	1.95	6.71	5.04	4.89	4.70	5.45	26.41	2.71	8.79	9.95	1.55

ต้นฉบับ หน้าขาดหาย

ต้นฉบับ หน้าขาดหาย

Time and Frequency domain of Sedentary subjects (REST)

NAME	RR (msec)	SD (msec)	HR (bpm)	Total (msec ²)	VLF (msec ²)	LF (msec ²)	LF (nu)	HF (msec ²)	HF (nu)	HF/LF (ratio)
1	811	40	74	500	110	230	59	160	41	1.44
2	696	53	86	540	140	210	53	190	48	1.11
3	896	55	67	650	160	340	69	150	31	2.26
4	898	55	67	560	200	180	50	180	50	1.00
5	970	54	62	450	140	130	42	180	58	0.72
6	727	67	83	600	170	205	48	225	52	0.91
7	1046	54	57	590	160	260	60	170	40	1.53
8	982	40	61	470	170	170	57	130	43	1.31
9	769	33	78	330	170	150	58	110	42	1.36
10	886	64	68	780	260	220	42	300	58	0.73
11	869	31	69	660	190	220	47	250	53	0.88
12	959	53	62	600	120	210	44	270	56	0.78
13	982	47	61	410	140	150	56	120	44	1.25
14	965	60	62	760	210	290	53	260	47	1.11
15	957	65	64	810	290	330	63	190	47	1.73
16	777	42	77	440	130	160	52	150	48	1.07
17	890	45	75	600	160	300	56	240	44	1.25
18	813	51	73	730	170	340	55	260	45	1.23
19	884	54	67	800	210	340	58	250	42	1.36
20	936	50	68	549	156	181	47	212	53	0.93
MEAN	886	51	69	591	173	231	53	200	47	1.20
SD	94	10	8	137	45	70	7	55	7	0.4

BIOGRAPHY

Mr Suchat Kaimusik was born on May 15, 1971 in Phattalung, Thailand. He graduated Bachelor of Science (Sports Science) from the Faculty of Medicine, Siriraj Hospital, Mahidol University 1994.

