

2.5 cm.

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Abstract Page
3.75 cm.

2.5 cm.

Thesis / iv

EFFECTS EXERCISE

ON THAIS

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M.Sc. (XXXXXXXXXXXX)

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ABSTRACT

2 cm. The weeks
balance program
on males
were In
exercise controlled
by weeks.
In activities
throughout their
balance skill
test,

2 cm. Balance and
control was
used significant
difference The
results was
demonstrated group
(P <). of
percent (P < ...).
The used
in this on
improving to

3.75 cm.

2.5 cm.

prevent ease
 to use anywhere,
 anytime program
 should people.

2 cm.
 ←→ In conclusion, both
 static during
 stand time

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IMPLICATION OF THE THESIS

2 cm.
 ←→ Suggestions for further research
 1. For be
 designed of
 exercise problems.

2. For should
 have etc.
 on performance.

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KEY WORDS: XXXXXXXXXXXXXXXXXXXXXXXX / XXXXXXXX
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