

Ten Basic Exercises of Muay Thai Chaiya on Balance and Strength in Male Older Adults

Authors : K. Thawichai, R. Pornthep

Abstract : This study examined the effects of ten basic exercises of Muay Thai Chaiya training for balance and strength in male older adults. Thirty male older adult volunteer from Thayang elderly clubs, Thayang, Petchaburi, Thailand. All participants were randomly assigned to two groups a training group and a control group. The training group (n=15) participated in eight week training program of ten basic exercises of Muay Thai Chaiya training and not to change or increase another exercise during of the study. In the control group, (n=15) did not participate in ten basic exercises of Muay Thai Chaiya training. Both groups were tested before and after eight weeks of the study period on balance in terms of single leg stance with eyes closed and strength in terms of the thirty second chair stand. The data of the study show that the participants of the training group perform significantly different higher scores in single leg stance with eyes closed and thirty second chair stand than the participants in the control group. The results of this study suggested that ten basic exercises of Muay Thai Chaiya training can use to improve balance and strength in male older adults.

Keywords : balance, strength, Muay Thai Chaiya, older adults

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