

บรรณานุกรม

กิติพงษ์ ขัติยะ, การวิ่ง-เดินเพื่อสุขภาพ. เชียงใหม่: ภาควิชาศึกษาทั่วไป คณะธุรกิจการเกษตร มหาวิทยาลัยแม่โจ้, 2541. หน้า 3.

ชุตติภา วรฤทธานนท์. ผลของการยืดกล้ามเนื้อแบบ agonist contract relax (ACR) และ self stretching ของกล้ามเนื้อ quadriceps และ gastrosoleus ต่อระยะเวลาและระยะทางในการออกตัวด้วยท่าพุ่งยัด (grab start) ในนักกีฬาว่ายน้ำเพศหญิง อายุระหว่าง 9-13 ปี.

นิพนธ์วิทยาศาสตร์บัณฑิต (กายภาพบำบัด). เชียงใหม่: คณะเทคนิคการแพทย์ มหาวิทยาลัยเชียงใหม่, 2548.

ชูศักดิ์ เวชแพทย์ และกัญญา ปาละวิวัฒน์. สรีรวิทยาของการออกกำลังกาย. พิมพ์ครั้งที่ 4. กรุงเทพฯ: ธรรมการพิมพ์, 2536. หน้า 411.

จิตกร ศิริสุขเจริญพร. วิทยาศาสตร์การกีฬา. พิมพ์ครั้งที่ 1. ฝ่ายเอกสารและตำรา สถาบันราชภัฏสวนดุสิต, 2540. หน้า 100-102.

ประกาศ โปธิทองสุนันท์ ปนดา เดชทรัพย์อมร และวีระชัย สุรบญุชเทพ. 2546. “เปรียบเทียบผลของการอบอุ่นร่างกายที่หนักแตกต่างกัน 3 ระดับ ต่อเวลาในการวิ่ง 200 เมตร.” วารสารวิทยาศาสตร์และเทคโนโลยีการกีฬา, 2546; 4: 17.

นคร ชูสอนสาย. ผลของการพัก การยืดเหยียดกล้ามเนื้อแบบอยู่กับที่ และการผ่อนคลายกล้ามเนื้อแบบต่อเนื่อง ที่มีต่อระดับกรดแลคติกในเลือดภายหลังการฝึกยูโด. กรุงเทพฯ: บัณฑิตวิทยาลัย มหาวิทยาลัยเกษตรศาสตร์, 2551.

นุชรีย์ ฟองนัก. การเปรียบเทียบผลของการยืดกล้ามเนื้อด้วยเทคนิคอัลตราซาวด์ (Ultrasound) ร่วมกับเทคนิคคอนแทรค รีแลกซ์ แอนตาโกนิสติก คอนแทรคชัน (Contract relax antagonistic contraction) และอัลตราซาวด์ (Ultrasound) ร่วมกับเทคนิคสแตติก สเตรช (Static stretch) ต่อการเพิ่มความยืดหยุ่นของกล้ามเนื้อกลุ่ม พลานตารี เฟลกเซอร์ (plantar flexors) ในผู้สูงอายุ. วิทยาศาสตร์บัณฑิต (กายภาพบำบัด). เชียงใหม่: คณะเทคนิคการแพทย์ มหาวิทยาลัยเชียงใหม่, 2542.

มงคล แฝงสาเคน. การออกกำลังกายด้วยการเหยียดยืดกล้ามเนื้อ เพื่อสุขภาพ และกีฬา. พิมพ์ครั้งที่ 1. กรุงเทพฯ: สำนักพิมพ์โอเดียนส โตร์, 2549. หน้า 160.

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