

**VALIDATION OF A ONE-LEG SIT-TO-STAND TEST FOR THE  
MEASUREMENT OF LEG MUSCLE STRENGTH  
AND ENDURANCE IN YOUNG ADULTS**

**EAKARACH WONGSAYA**

**MASTER OF SCIENCE  
IN MOVEMENT AND EXERCISE SCIENCES**

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่

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**A THESIS SUBMITTED TO THE GRADUATE SCHOOL IN  
PARTIAL FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF  
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**THIS THESIS HAS BEEN APPROVED  
TO BE A PARTIAL FULFILLMENT OF THE REQUIREMENTS  
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