

## CWSF 2007 - Truro, Nova Scotia



### Carolyn Chong

#### Backpacks: A Pain in the Back

**Division:** Health Sciences / None

**Category:** Junior

**Region:** Bay Area

**City:** Dundas, ON

**School:** Canadian Martyrs E.S.

**Abstract:** The researcher investigated the relationship of the load within a backpack to the force required to support and keep it stable. Experiments were performed to see how much force was needed to bring our spine back to its neutral position once loaded with a backpack. The study confirmed that the force to support the load is dependent on the load's position within a backpack.

#### Biography

Carolyn Chong is 13 yrs. old and in gr. 8 at Canadian Martyrs Catholic Elementary School in Hamilton, Ontario. She resides in Dundas with her family of 7. She participates in school sports and extra-curricular activities such as ballet and piano. Carolyn likes to swim and is currently working on to becoming a lifeguard. She is involved in her church by both altar serving and singing in the choir. During the summer she referees and caddy's at the Hamilton Golf and Country Club. Carolyn has participated in science fairs for a couple years now. Although unsure of her future career, she looks forward to her first day of university.