

CWSF 2007 - Truro, Nova Scotia



Christopher Schaerer

Generating Muscle Power

Division: Life Sciences / None

Category: Junior

Region: New Brunswick

City: Rothesay, NB

School: Rothesay Park School

Abstract: Generating muscle power is the goal of every athlete. This project explored which warm up exercise would most enhance muscle performance. The exercises chosen were isotonic contractions, isometric contractions and isotonic contractions with an additional stretch. The isotonic contraction with an additional stretch produced the best test results because it created mechanical, stretch and heat energy.

Biography

Christopher George Schaerer is from Rothesay, New Brunswick. He attends Rothesay Park School. Basketball, skiing, soccer, swimming and wind surfing are his favorite sports and he is on the Rothesay Park School Basketball Team. This year, Christopher's basketball team won the provincial championship. Chris' favorite subjects are math and science and his favorite pastimes are playing sports and being with his friends. His hobbies are making go-carts, taking apart electronics and building tree forts. He would like to become a family doctor or a robotic engineer. He has been on the Principal's List (average over 95%) in every term of middle school. Presently he is training to become a life guard, working on his Bronze Cross. He enjoys traveling and has traveled from Maui, Hawaii to Munich, Germany. His birthday is February 16 and he is fourteen years old.

Awards

Value

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| Honourable Mention - Health Sciences - Junior Sponsor: Canadian Institutes of Health Research | \$100 |
| Total | \$100 |