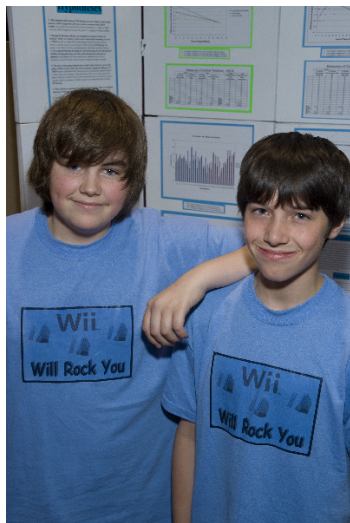


# CWSF 2008 - Ottawa, Ontario



## Ian Cholmondeley, Jesse Purvis

### Wii Will Rock You

**Division:** Life Sciences / None  
**Category:** Intermediate  
**Region:** Frontenac, Lennox & Addington  
**City:** Kingston, ON  
**School:** Kingston Collegiate Vocational Institute - KCVI  
**Abstract:** We examined the effects of playing "Wii Boxing" on adolescents' short-term memory, letter location abilities, cortisol levels, and heart rate. There was no overall negative effect on short-term memory and 90% improved on letter location tests. All experienced an increase in heart rate levels and 85% decreased in stress hormone levels. We concluded that "Wii Boxing" provides a superior alternative to traditional sedentary video games.

### Biographies

**Ian** - Ian Cholmondeley I was born on June 24, 1993 in Kingston, Ontario. My favorite thing to do is play hockey (road and ice). I have been playing hockey in the community house league for the past 6 years. This led me to become a huge fan of the superb Toronto Maple Leafs, who have featured some of my idols, including the legendary Mats Sundin. My preferred position in hockey is left wing or centre. I have also enjoy playing on various house league soccer teams over the past 7 years. I have attended the regional science fair twice in the past three years. During these fairs, I received an Honorable Mention (in grade five), and the Queen's Chemi...

**Jesse** - My name is Jesse Purvis. I was born on September 22, 1993 in Kingston, Ontario. I live with my parents: Catherine Purvis and Ray Matton, and my three crazy dogs: Dalis, Zoe and Otis. My hobbies include playing sports such as soccer, basketball, road hockey, tennis, and swimming. In soccer, I have played on many teams at the competitive and house league levels since I was 3. I was once the top scorer in a competitive league, and twice the second highest. In basketball, I have played on school teams for the past 3 years and rep teams for 2 years. I have completed all 10 levels of swimming, and look forward to attempting to earn a Bronze Cross t...

Awards	Value
The University of Western Ontario Scholarship	\$2 000
Gold Medallist - \$2000 Entrance Scholarship Sponsor: University of Western Ontario	
Gold Medal - Health Sciences - Intermediate Sponsor: Canadian Institutes of Health Research	\$1 500
Total	\$3 500