

## CWSF 2009 - Winnipeg, Manitoba



### Carly Redford

#### The Beat of Your Heart

- Division:** Life Sciences / None  
**Category:** Intermediate  
**Region:** Cariboo Mainline  
**City:** Lac la Hache, BC  
**School:** Peter Skene Ogden Secondary  
**Abstract:** This project studies the affect of music on heart rate and blood pressure in 10 females and 10 males in grade 10. Three songs at different speeds were used to see if a change in heart rate and blood pressure occurred. Results showed that change did occur but there is no telling how many beats it took to affect.

#### Biography

My name is Carly Redford, and I am currently in grade 10. I would classify myself as confident, outgoing, likeable and social. The most important things in my life right now are my friends, my ambitions, my family, and most of all my future. I like to offer a volunteering hand where ever necessary (the local racetrack, community events, school events), and I'm quite well known for entering competitions (ex. CWSF, DI, etc.). My most current projects going on right now are Science Fair, and I have just been invited to attend a conference for antidiscrimination to better my community. My hobbies/interests are basic. I enjoy music (band, guitar, sound engineering), socializing (whether with friends or people I don't know), and traveling (I believe traveling places creates a unique character and the more places one goes, the more dynamic they may become). My intended career right now is Sound Engineering at the Los Angeles Recording School in the summer of 2011. I would like to take this as an opportunity to possibly open doors for a career in sound engineering, or music therapy. My most important achievement is going to CWSF in 2007 & 2009, and I am proud!

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