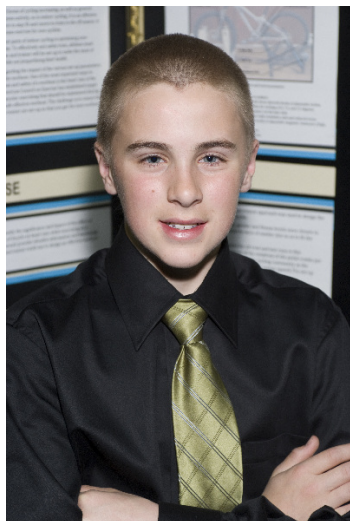


CWSF 2009 - Winnipeg, Manitoba



Adam Parsons

Optimization of Bicycle Training: A Multi-Variable Experiment

Division: Life Sciences / None

Category: Intermediate

Region: Eastern Newfoundland

City: Mount Pearl, NL

School: St. Peter's Jr. H.S.

Abstract: This experiment was designed to determine and quantify the significance and impact of the effect of resistance and incline of bicycle on heart rate while exercising on a stationary bike. For this study, a Multi-Variable Experiment approach was used. The results were analyzed using ANOVA and plotted on various graphs. Analysis showed that resistance has a greater impact (25 bpm) than incline (5.4 bpm).

Biography

My name is Adam Parsons and I am 15 years old. I am in Grade 9 at St. Peter's Junior High in Mount Pearl, NL. I enjoy riding, racing, and building mountain bikes. I love snowboarding and travelling to ski resorts. I also play all-star soccer and enjoy travelling and competing with soccer teams. During the soccer season I referee for ages 9-16. I am on my school team for volleyball, soccer, hockey, and cross country running. I also play hockey and golf. In my spare time I like to hang out with my friends and work on computers. I enjoy science and participating in science fairs. I have always been interested in building things. When I was younger I loved to construct things such as Lego? robots and Meccanos?. I now enjoy working on bikes and doing other mechanical tasks. I am very interested in engineering. I have done mini-courses in both "Engineering Design" and "Underwater Robotics". I am planning to pursue a degree in the discipline of Engineering.

Awards

Value

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