

CWSF 2010 - Peterborough, Ontario



Can Different Swimming Strokes Affect Your Heart Rate?

Division: International

Category: Junior

Region:

City: ,

School:

Abstract: This project examines the effects of swimming 4 different swimming strokes on a person's heart rate. It was investigated to see which stroke increases heart rates the least, the most and if speed would be affected. Then this information was utilized to create a swimming training program for the benefits of people. This project was interesting to learn and share with the public!!