

## 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!!