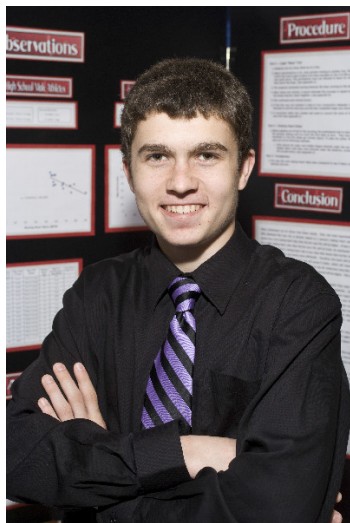


ESPC 2010 - Peterborough (Ontario)



Mitchell Hanna

Max VO2 Versus Resting Heart Rate

Division: Internationale

Catégorie: Intermédiaire

Région: Cape Breton

Ville: Howie Centre, NS

École: Riverview High School

Sommaire: This project studies the relationship between an athlete's max VO2 (maximum volume of oxygen that can be consumed when exercising at a maximum capacity) and his/her resting heart rate. The project displayed that a lower resting heart rate results in a higher max VO2. Comparisons were also made between males and females, as well as between elite athletes and average athletes.

Biographie

My name is Mitchell Hanna and I am from Cape Breton, Nova Scotia. I was born in Sydney and have lived in Howie Centre for my whole life. I attend Riverview High School in Coxheath and am currently in grade 10. I have many interests outside of school, especially in sports. I play Division 1 hockey, soccer, and golf for my high school and also play club sports before and after the school leagues are over.

Prix

Valeur

| | |
|---|-------------|
| Bourse d'études de l'Université Western Ontario | 1 000,00 \$ |
| Médaille de bronze - Bourse de début d'études de 1 000 \$ | |
| Commanditaire: Université Western Ontario | |
| Médaille de bronze - Sciences de la santé - Intermédiaire | 300,00 \$ |
| Commanditaire: Instituts de recherche en santé du Canada | |
| Total | 1 300,00 \$ |