



## CWSF 2010 - Peterborough, Ontario



## Mitchell Hanna

## Max VO2 Versus Resting Heart Rate

Division: International
Category: Intermediate
Region: Cape Breton
City: Howie Centre, NS
School: Riverview High School

**Abstract:** 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.

## **Biography**

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.

Awards	Value
The University of Western Ontario Scholarship	\$1 000
Bronze Medallist - \$1000 Entrance Scholarship	
Sponsor: University of Western Ontario	
Bronze Medal - Health Sciences - Intermediate	\$300
Sponsor: Canadian Institutes of Health Research	
Total	\$1 300



