

## CWSF 2010 - Peterborough, Ontario



### Adam Delfico

#### How is the carbon dioxide you exhale affected by exercise

**Division:** International

**Category:** Junior

**Region:** Toronto

**City:** North York, ON

**School:** St. Antoine Daniel C.S.

**Abstract:** The respiratory system, converts oxygen and glucose into energy and produces a waste gas called carbon dioxide. This project studied the effect that exercise has on carbon dioxide exhaled. A homemade respirometer, with a PH indicator solution, was used to measure the difference in carbon dioxide output before and after exercise. The carbon dioxide exhaled increased after exercise, along with heart rate and breathing rate.

#### Biography

My name is Adam Delfico, and I am a 12 year old grade 7 student at St.-Antoine Daniel Catholic School in Toronto, Ontario. This is my first year of being involved in Science Fair and I am very happy to have made it to Canada-Wide. I love science; it is one of my favourite subjects. I plan to continue learning about science in high school and in university, as I hope to have a career in medicine or engineering. The sport I'm most involved in is hockey. I usually play or practice 4 times a week during hockey season, and once a week through the summer. When I'm not in school or playing hockey, I'm either reading or playing street hockey with friends, and I also like to play video games. My friends and family are also a big part of my life. They have been very positive influence on me, and they are always encouraging me to do my best and always try my hardest.

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