

## CWSF 2011 - Toronto, Ontario



### Kevala Van Volkenburg

#### Train Your Brain with Exercise

**Challenge:** Health

**Category:** Junior

**Region:** Northern British Columbia

**City:** Fort St. John, BC

**School:** Bert Bowes Jr Secondary

**Abstract:** In my study I tried to find out if 10 minutes of mild aerobic exercise improve academic performance for students in grade 5 and 6. I concluded that students performed better after 10 minutes of mild aerobic exercise by 19.6%. I believe if schools incorporated 10 minutes of mild aerobic exercise before major subjects, students will do better academically, thereby having more students passing.

#### Biography

My name is Kevala. I love science! Science is my favorite class in school. I have been studying exercise for several years, first the effects on the body and now on the mind. After reading SPARK I became interested in how exercise effects the brain. The brain is extremely complex and the more I learn the more I want to know! I also love the ocean, there are so many unknowns and so many things to learn. I study the ocean in my spare time and make presentations and videos about the ocean. I have been to the Vancouver Aquarium which I think is awesome.

#### Awards

#### Value

Excellence Award - Junior - Silver Medal Sponsor: Youth Science Canada	\$700
The University of Western Ontario Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: University of Western Ontario	\$2 000
Total	\$2 700