

CWSF 2012 - Charlottetown, Prince Edward Island



Kevala Van Volkenburg

Finding a Better Brain Booster

Challenge: Health

Category: Intermediate

Region: Northern British Columbia

City: Fort St. John, BC

School: Bert Bowes Jr Secondary

Abstract: I wanted to find out if exercise, Brain Gym or a Combination of the two improve students academic performance. Each activity was tested for 5 days, at 1:00pm students received a test, once they completed the test students did 10min. of the planned activity. Once the 10 minutes was up, students received another similar test. I found that exercise improves your academic performance more than BrainGym.

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 am also interested in the ocean, there are so many unknowns and so many things to learn. I have been to the Vancouver Aquarium which I think is an amazing program. Science fair has always been a big part in my life and I enjoy doing it.

Awards

Value

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

