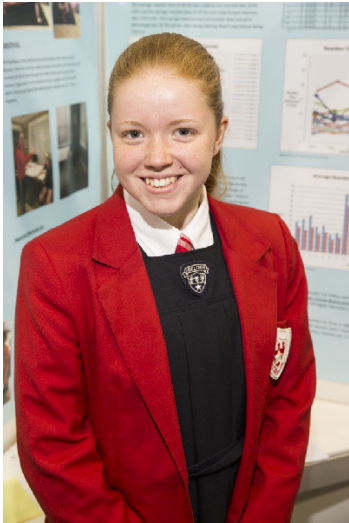


ESPC 2015 - Fredericton (Nouveau-Brunswick)



Sophie Del Fraser

Warm up's Effect on Reaction Time

Défi: Santé

Catégorie: Junior

Région: Annapolis Valley

Ville: Falmouth, NS

École: King's-Edgehill School

Sommaire: My project was an experiment. The purpose of my experiment was to demonstrate the effect of a dynamic pre-game warm up on reaction time. The results that I collected proved that doing a dynamic warm up improves reaction time because the average reaction time in all 20 tests subjects was 28.3% quicker after doing exercise than it was before doing exercise.

Biographie

I am a grade 8 student at King's-Edgehill School, where I play on their varsity hockey team. I chose to do this project because I am a competitive athlete and I was interested in learning about ways that I could improve my reaction time before participating in athletic events. I am also interested in human physiology and hope to one day become a doctor. In further investigations I may measure the heart rate of the test subjects while they are doing exercise and look at other factors that could affect reaction time. If you are thinking about doing a science fair project, I would suggest doing it on something that you are passionate about or something that you are interested in learning about because it will make doing your project much more enjoyable.