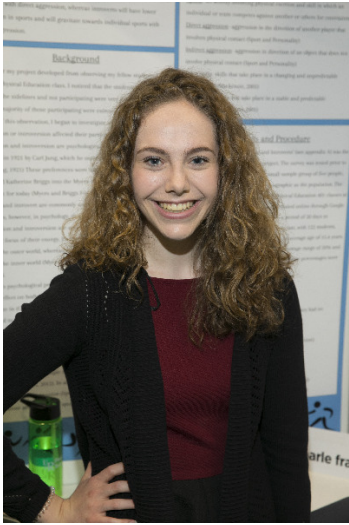


CWSF 2017 - Regina, Saskatchewan



Fiona Nicholson

The Effects of Introversion and Extroversion on Sport Participation

Challenge: Health

Category: Intermediate

Region: Prince Edward Island

City: New Glasgow, PE

School: Bluefield High School

Abstract: This project investigated whether a person's introversion or extroversion affected their participation in sports. A survey was designed and administered to test three different aspects of participation that could be affected by participants' personalities; preference toward team sports or individual sports, preference of direct or indirect aggression and overall participation. Participant's personality type of extroversion or introversion was determined using a Myers-Briggs Type Indicator survey.

Biography

My name is Fiona Nicholson and I am a Grade 10 French Immersion student at Bluefield High School. I am an avid athlete who plays numerous sports including soccer, basketball, field hockey, and rugby, as well as track and field. I am also an active member of my local 4-H club and have recently completed my Silver Award, as part of the Duke of Edinburgh program. In the future, I plan to pursue a career in medicine, specifically as a sports physiotherapist. The inspiration for my project came from observing the different levels of participation by students in my Physical Education class at school. My advice, to students who are thinking about doing a science fair project, would be to find a topic that interests you and that you are curious about.

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