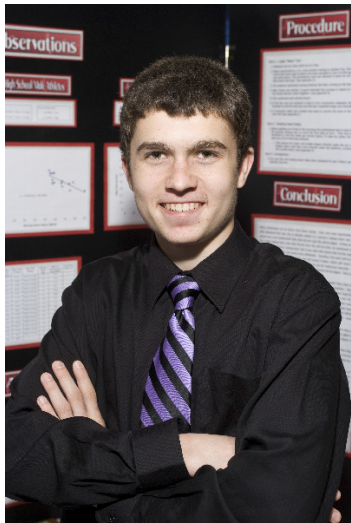


CWSF 2010 - Peterborough, Ontario



Mitchell Hanna

Max VO2 Versus Resting Heart Rate

Division: International

Category: Intermediate

Region: Cape Breton

City: Howie Centre, NS

School: Riverview High School

Abstract: This project studies the relationship between an athlete's max VO2 (maximum volume of oxygen that can be consumed when exercising at a maximum capacity) and his/her resting heart rate. The project displayed that a lower resting heart rate results in a higher max VO2. Comparisons were also made between males and females, as well as between elite athletes and average athletes.

Biography

My name is Mitchell Hanna and I am from Cape Breton, Nova Scotia. I was born in Sydney and have lived in Howie Centre for my whole life. I attend Riverview High School in Coxheath and am currently in grade 10. I have many interests outside of school, especially in sports. I play Division 1 hockey, soccer, and golf for my high school and also play club sports before and after the school leagues are over.

Awards

Value

The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario	\$1 000
Bronze Medal - Health Sciences - Intermediate Sponsor: Canadian Institutes of Health Research	\$300
Total	\$1 300