

CWSF 2015 - Fredericton, New Brunswick



Sophie Del Fraser

Warm up's Effect on Reaction Time

Challenge: Health

Category: Junior

Region: Annapolis Valley

City: Falmouth, NS

School: King's-Edgehill School

Abstract: 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.

Biography

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.

Youth Science Canada
PO Box 297
Pickering ON L1V 2R4
www.youthscience.ca / info@youthscience.ca
416-341-0040