



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Warren Guess	Project Number 22333
Project Title Do Video Games Influence Heart Rate?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The goal is to see if different types of video games influenced different aged children's heart rate.</p> <p>Methods/Materials I took four children, ages 10 - 13, measured their resting heart rate, had them play a sports electronic video game for ten minutes, then took their heart rate again. After I had done this for each student, I waited a day, then tested them again playing an electronic video role-playing game. Again, I waited another day and repeated the experiment using a fighting electronic game.</p> <p>Results The fighting game caused the most increase in heart rate and influenced the 11 and 12 year olds the most.</p> <p>Conclusions/Discussion My conclusion is that a high violent video game, such as a fighting game, causes the greatest increase in heart rate. A video game that is rated for older people may be because the game causes an increase in heart rate.</p>	
Summary Statement My project is to see if different types of video games influence the heart rate of different aged children.	
Help Received Students at my school volunteered to participate in the experiment, with parental permission. My mother helped in proof-reading and making suggestions in the report. She also helped with my display board. My brother, Denver, made my cardboard display "PlayStation".	