



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Charmaine Joy Jacobe	Project Number 22875
Project Title Jump to the Heart Beat	
Abstract Objectives/Goals My goal was to determine which gender had the greatest effect on their blood pressure when they did jumping jacks. Methods/Materials To find the blood pressure, I used an Omron Automatic Blood pressure monitor. 52 girls and 52 boys, ranging in age from 14-16 years, were used in this project. All the boys were between 110-130 pounds and all the girls were between 110-120 pounds. All of the people that I used had no athletic ability. That is, they were not involved in a sports team. In addition, I tested in the same time and place for each person. Results Jumping jacks had a greater affect on the boys# average systolic blood pressure. The systolic pressures of the boys increased greater than the girls#. However, the boys# and girls# average diastolic pressure had no significant change. Conclusions/Discussion My hypothesis was partially correct. With the 52 girls and 52 boys that I used in this experiment, I found that exercise produces a greater change in the systolic pressure of the boys.	
Summary Statement This project was to determine which gender produced the greatest amount of change in blood pressure when they did jumping jacks.	
Help Received My dad helped me print out the titles for my board; Mr. Callaway helped me with the calculations	