



**CALIFORNIA STATE SCIENCE FAIR  
2011 PROJECT SUMMARY**

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<b>Project Title</b> Analysis of Caloric Usage and Cardiac Output Using a Variety of Exercises	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> The goal was to discover a quick, convenient way to burn calories to have a healthy lifestyle by evaluating the burning of calories through 5 different exercises.</p> <p><b>Methods/Materials</b> The materials used were a stop watch, a journal, and a human subject.</p> <p>The methods used were to: 1) take a resting heart rate; 2) do the exercise, 3) take heart rate again; 4) continue until all five exercises were completed.</p> <p><b>Results</b> Each exercise showed a different amount of burned calories. Some were greater than others.</p> <p><b>Conclusions/Discussion</b> In the end, the exercise that burned the most calories was jumping jacks. When done for a longer amount of time it will show even greater results.</p>	
<b>Summary Statement</b> To determine if the more strenuous the exercise, the greater the amount of calories can be burned.	
<b>Help Received</b> My friend performed the exercises for me.	