CALIFORNIA STATE SCIENCE FAIR
2013 PROJECT SUMMARY

Name(s)

Vanessa Sierra

Project Number

33071

Project Title

Got Balance?

Abstract

Objectives/Goals

This experiment was performed to discover whether a T- Band improves an individual's balance when it is worn on the wrist like stated in their advertisement.

Methods/Materials

I tested the balance of people standing on one leg using a force plate. Each person did three trials. The first trial is without any bands; this is the control. Next, I have them put on a rubber band as a second control. For the final trail, they put on the T- Band. All my data is collected by using a Lab Quest2, allowing me to visually see the results on graphs.

Results

The result of my experiment is that any improvement by the T- Bands is due to chance.

Conclusions/Discussion

T- Bands do have a greater effect on one's balance than a rubber band, yet after analyzing the results with a Chi- square, it is not statically significant proven to work. The claim it has of encountering electromagnetic waves with negative ions to improve balance is not matched with the results of the experiment I performed.

Summary Statement

My project's purpose is to find out whether a T- Band improves an individual's balance while wearing it on the wrist.

Help Received

Teacher Riccardo Magni helped me get a hold of materials used and provided supervision.

Preliminary