



**CALIFORNIA STATE SCIENCE FAIR  
2014 PROJECT SUMMARY**

<b>Name(s)</b> Ashlynn F. Stupar	<b>Project Number</b> <b>J1228</b>
<b>Project Title</b> <b>Think Fast! Does Exercise Have an Immediate Effect on Reaction Time?</b>	
<b>Abstract</b> <b>Objectives/Goals</b> My objective was to determine if a small amount of exercise can decrease one's reaction time. <b>Methods/Materials</b> I tested about thirty seventh grade students using a reaction testing machine. Simply, the machine tests the amount of time it takes an individual to push a button after seeing a light or hearing a buzzer. I tested the individuals initially, then asked them to run half a mile, then tested them again. <b>Results</b> Reaction time appears to be decreased immediately by exercise. <b>Conclusions/Discussion</b> It seems that reactions are faster after one has exercised. However, my results were not as conclusive as I would have liked. Only sixty percent of my test subjects showed improvement. Because of the ease of testing in a PE setting, the exercise used was a half mile run. In the future, I'd like to determine if a quicker exercise (such as jumping jacks) might yield more favorable results.	
<b>Summary Statement</b> My project was to determine if exercise can immediately reduce reaction times in humans.	
<b>Help Received</b> My uncle built the reaction testing machine, my mother helped me type my report, my PE teachers allowed me to test during class.	