CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY

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Project Number
J0325

Project Title
Blood Pressure: Boys vs. Girls

Abstract

Objectives/Goals
Whose blood pressure will increase more after doing an exercise, boys' or girls'.

Methods/Materials
1. Select ten males and ten females.
2. Take the student's blood pressure.
3. Record the results of the blood pressure.
4. Have student jump rope for one minute.
5. Take blood pressure again.
6. Record results.
7. Compare the change in blood pressure differences between the sexes, before and after exercise.

Materials
1. Jump rope
2. Blood Pressure Pump
3. Ten volunteers from each sex
4. Log Books and pencils

Results
The average systolic blood pressure for the girls before they jumped rope was 97. The average systoic blod pressure for the boys before they jumped was 99.5. The average diastolic blood pressure for the girls before they jumped rope was 63. The average diastolic blood pressure for boys before they jumped rope was 70.7. The average systolic blood pressure for the girls after they jumped rope was 113. The average systolic blood pressure for the boys after they jumped rope was 133. The average diastolic blood pressure for the girls after they jumped rope was 67.3. The average diastolic blood pressure for they jumped rope was 77.7.

Conclusions/Discussion
Our question was whose blood pressure will increase more after doing an exercise, boys' or girls'? Our hypothesis was that boys' blood pressure would increase more than girls'. Our hypothesis was correct; boys' blood pressure increased more after doing exercise.
The only problem in our project was that the blood pressure pump didn't always work. We could have had a backup pump. If we were to change something, we would have changed the exercise.

Summary Statement
We tested the blood pressure between boys and girls before and after they exercised.

Help Received
None