



**CALIFORNIA STATE SCIENCE FAIR
2016 PROJECT SUMMARY**

Name(s) Skylyn T. Goldberg	Project Number J1213
Project Title Which Will Increase Your Heart Rate More: Biking a 5K or Running a 5K?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The objective is to see which activity, biking a 5K or running a 5K will increase your heart rate more.</p> <p>Methods/Materials Measured the heart rate of two people while biking and running at 5K distances. Each person completed five 5K bikes rides and five 5K runs. Results were graphed to determine which activity increases the heart rate more.</p> <p>Results The average of the ten 5K bike rides for the maximum heart rate is 139.5 beats per minute. The average of the ten 5K runs for the maximum heart rate is 166 beats per minute. For my experiment, the heart rate for the ten 5K runs were consistently higher than the ten 5K bike rides.</p> <p>Conclusions/Discussion Running a 5K will increase your heart rate more than biking a 5K. Experiments like this can be beneficial in real-life settings to help improve one's health. The more running, biking, and exercising in general, that you do, will help you stay healthy and have a strong heart.</p>	
Summary Statement I showed that running a 5K will increase your heart rate more than biking a 5K.	
Help Received	