



**CALIFORNIA STATE SCIENCE FAIR  
2002 PROJECT SUMMARY**

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| <b>Name(s)</b><br>Warren Guess  | <b>Project Number</b><br><b>J0315</b> |
| <b>Project Title</b><br><b>Do Video Games Influence Heart Rate?</b>   |                                       |
| <p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b><br/>The goal is to see if different types of video games influenced different aged children's heart rate.</p> <p><b>Methods/Materials</b><br/>I took four children, ages 10 - 13, measured their resting heart rate, had them play a sports electronic video game for ten minutes, then took their heart rate again. After I had done this for each student, I waited a day, then tested them again playing an electronic video role-playing game. Again, I waited another day and repeated the experiment using a fighting electronic game.</p> <p><b>Results</b><br/>The fighting game caused the most increase in heart rate and influenced the 11 and 12 year olds the most.</p> <p><b>Conclusions/Discussion</b><br/>My conclusion is that a high violent video game, such as a fighting game, causes the greatest increase in heart rate. A video game that is rated for older people may be because the game causes an increase in heart rate.</p> |                                       |
| <b>Summary Statement</b><br>My project is to see if different types of video games influence the heart rate of different aged children.   |                                       |
| <b>Help Received</b><br>Students at my school volunteered to participate in the experiment, with parental permission. My mother helped in proof-reading and making suggestions in the report. She also helped with my display board. My brother, Denver, made my cardboard display "PlayStation".   |                                       |