



**CALIFORNIA STATE SCIENCE FAIR  
2006 PROJECT SUMMARY**

<b>Name(s)</b> <b>Chaya M. Turrow</b>	<b>Project Number</b> <b>J1031</b>
<b>Project Title</b> <b>Can You Board? An Experiment of Balancing vs. Boarding Attributes</b>	
<b>Abstract</b> <b>Objectives/Goals</b> Do physiological attributes matter when wakeboarding or snowboarding? Or is it all experience? Can I test these variables to determine what makes the best boarder? <b>Methods/Materials</b> I used a Pivot balance board on 45 participants. After I gave the participant eight tries to get to a minimum of 20 seconds, I had them fill out a questionnaire. This questionnaire included questions about their height, weight, age and other physical experiences they have had. Most of the results on each variable was classified into smaller relating categories so it would be easier to read the graph (Ex. Participant's age as classified into 5 categories...young, teen, young adult, adult, experienced adult). Then I made five different tables, the five variables against "Time Value" (the highest of the eight individual times recorded for each person). I also separated males and females into different graphs. <b>Results</b> My results did not fully support my hypothesis. I found out that the height and weight does not matter. The variable that matters most is the overall experiences on boards the participants have already had. The next variable after that, that matters is the age. The older males did the best, while the older females didn't do as well. With that said, the teenage females did better than the teenage boys. <b>Conclusions/Discussion</b> My conclusion for this project is that younger males are not the best boarders, while the older males would be the best, but the younger females would be better than the older females. I think this is because the older males stay active by playing other sports which helps with their balance. Since I had many variables I could further research those individual variables and not as a whole.	
<b>Summary Statement</b> I wanted to test different attributes to see what mattered most when learning to board, by using a balance board and a questionnaire.	
<b>Help Received</b> I didn't have any help other than the participants.	