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Test Your Speed

The purpose of this experiment is to determine how exercise affects your ability to solve problems. We used the following steps to complete this project. 1. We asked for volunteers during our gym period. These students were selected totally randomly. We also got volunteer students to perform this experiment, these students attend an after school program at Goodnight. 2. We tested their ability to solve a puzzle cube before exercise and calculated the average time it took them to complete the cube. 3. We then had them exercise for 2 minutes and then attempt the puzzle again. The overall average of time it took in seconds to solve the puzzle cube, before exercise is: 44.3 seconds. The overall average of time it took in seconds to solve the puzzle cube, after exercise is: 42.1 seconds. After reviewing our data, we discovered that our hypothesis was incorrect. We discovered that 60% of our volunteers successfully completed the puzzle cube more diligently after they exercised. It could have been because exercising pumped more blood to the brain, in turn more oxygen. This would make it easier for a person to solve the cube more quickly.