

Austin LaCost
The Effect of Exercise on Asthma

Participant's peak flow rates were tested to see how exercise affected their breathing capability. This is an important subject because with the high obesity rate in Colorado, and since asthma is also another large health concern, this project can see how both interact with each other. I hypothesized that as the heart rate increased while they did exercise, their breathing rate would get worse. Since the lungs would be working to get the body enough air to exercise, once done, you would be sort of "out of breath". I had each participant run on a treadmill for exercise and took their peak flow rate average, and their heart rate, before and after each exercise session. I found that sibling K's peak flow rate average loss was the lowest at 13.3 L/Min, sibling C had the highest drop in peak flow rate with an average of 15.3 L/Min, and sibling A had the average drop of 14.8 L/Min. My data, on average, supported my hypothesis. I believe that the major reason their breathing rate decreased was the fact that their lungs just couldn't put out as much air after exercising.