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Workout Your Eyes

The purpose of our project was to test if peripheral vision for students ages 9 through 14 was enhanced by playing sports or exercising regularly. We hypothesized that kids who participated in regular physical activity would have greater peripheral vision.

Our experiment involved creating a large protractor out of foam board, clearly marking degrees, and using three colored erasers. We also created a parent/student consent form, a data sheet, and a short questionnaire for each participant. Students from school, sports teams and church were asked to participate. With the protractor, the participant was tested three times on each side (one time for each color). The degrees when the participant could first detect the object and when they could identify the color of the object were recorded.

Fifty-three of the fifty-seven students we studied were actively involved in sports. The data collected did support our hypotheses. Students that were active on average, detected the object 15 degrees quicker and also identified the color of the object 16 degrees quicker than students that were not physically active.

These findings led us to conclude that being physically active does enhance peripheral vision. We hope that our study will be a creative way to teach students about peripheral vision and a way to encourage them to stay physically fit. It can't hurt to **WORKOUT YOUR EYES!**