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*Caffeine: Speed Up or Slow Down?*

The goal of *Caffeine: Speed Up or Slow Down?* is to determine whether or not caffeine affects athletic performance. In the experimental stage, eighteen subjects were separated into three different groups (each group containing six members). Variables were changed from one group to another to measure caffeine effects on athletes. Group 1 participants drank 250 mL of a caffeinated drink, waited fifteen minutes, and ran 400m. Group 2 participants did not drink anything and ran 400m. Group 3 participants drank 250 mL of a caffeinated drink, waited fifteen minutes, and did not run. Heart rate and blood pressure were taken before and after experimentation. The data collected showed an increase in heart rate and blood pressure of ninety-four percent of participants. In Group 1 (drink/run), heart rates increased more so than in the other groups tested. Changes in Group 2 (no drink/run) participants were present, but not as substantially. Group 3 (drink/no run), showed the least change in both aspects of the experiment. The results gathered proved the hypothesis that caffeine affects athletes' heart rate and blood pressure.