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*Becoming a Gamer!*

Does posture affect the way a person scores on a video game? I believe that if an average gamer stands, sits or lies down during play that will affect the player's game scores. Standing will require the participant to be more physically active and attentive during the game. I also believe that the other postures, such as sitting and lying down will have little affect and the scores will vary based upon skill level of the gamer.

Subjects were tested using three separate basketball games that were unfamiliar to the participants. The test consisted of 30 minutes of gaming for each posture; sitting, standing and lying down. Each subject was provided a new game for each posture determined by the computer at random. Each game was slightly different but had similar degrees of difficulty. Each subject was given 2 minutes to practice each game (3) to become familiar with the controls and was required to practice in the posture chosen for that particular game.

The results of my tests indicate that gamers who stand score considerably higher than their own averages. The results suggest that someone who is standing is more attentive to the game and scores higher. The testing I have conducted also suggests that participants who sit or lie down are more likely to score lower.

In my conclusion, I accept that standing while playing video games helped subjects score higher than those who were sitting down or lying down regardless of gaming ability or skill.