



**CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY**

Name(s) Katelyn R. Rodriguez	Project Number J2012
Project Title Best Calorie Burner: Wii or Reality?	
Abstract Objectives/Goals The purpose of this project was to determine which burned the most calories: Wii sports or those same sports in reality. The scientist believed that the sports in reality would burn the most calories, however, since the wii gaming system involves physical movement, the scientist was curious to see how close the calories would be. Methods/Materials The scientist gathered the materials and found six volunteers that are experienced in either tennis or bowling and would wear a calorie counter watch. The calorie counter and heart rate monitor is worn on the volunteer so it can pick up and calculate the calories burned. The scientist divided the 6 subjects into 2 groups of 3. The 3 experienced tennis players played tennis on the wii gaming system and in reality for thirty minutes each. This group was referred to and recorded as group A in the science journal. The process was repeated with group B and consisted of 3 experienced bowlers with results recorded in the science journal. Results The scientist then organized her data into graphs in order to compare results. Group A had an average of 194 calories difference between wii and reality with tennis in reality burning more calories. The scientist was interested to see that the numbers in Group B were closer with only a 42 calorie difference. Reality bowling still burned more calories. Conclusions/Discussion The scientist concluded that her hypothesis was correct in how reality did burn the most calories. The scientist hopes that society will benefit from hearing the fact that the wii gaming system does not replace physical exercise; the scientist encourages outdoor activity.	
Summary Statement The scientist was curious to find which the best calorie burner was; playing sports on the Wii gaming system or those same sports in reality.	
Help Received Mother helped type some of report; Parents helped drive to local tennis and bowling locations; Uncle gave instruction on how to use the Heart Rate Monitor and Calorie Counter watch	