Change in Lung Volume with Recovery Positions

Doane, Kenzie (School: Northwest Technology Center)

For years, track coaches have insisted that runners put their hands on their head because this was the recognized best recovery position. Recent studies done by Western Washington University, have shown that runners placing their hands on their knees is a more effective recovery position following a workout when compared to the hands overhead method. This research was conducted by measuring individual runners' heart rate after a predetermined workout. After analyzing the data, there seemed to be an alternative way to measure recovery. This experiment was conducted by measuring the breathing of runners' tidal volume. Tidal volume is the amount of air going in and out of our lungs with every respiratory cycle. How could tidal volume decipher which recovery position is better? Using tidal volume could demonstrate liters per second and give a total amount of air going in and out during one minute of recovery. This would show which position, hands-on head or hands-on knees, will allow the most air intake, and show which recovery pose will decrease tidal volume more efficiently.

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