



## Colorado Science and Engineering Fair

## 2024 Individual Project Abstract Form

**Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.**

Title of Project: Kinetosis Will Knock You Off Your Toes Sis

Finalist's Name: Hayden Poe

School and City: Justice and Heritage Academy Antonito

Sponsor's Name: Lisa Abeyta

Category: Biomedical Sciences (BMED)

Division: Senior (9th - 12th grades)

Abstract (250 words or less):

When starting this project I had two goals. These were to find the best method to eliminate motion sickness and discover if more organic cures are more effective. While doing research I discovered that ginger is a very common cure for motion sickness, therefore I hypothesized that if ginger ale is ingested after watching the video then no signs of motion sickness would be observed. After completing my research I learned that ginger ale needs to be ingested during the video to get the best results therefore my hypothesis was incorrect from the beginning.

As I was conducting research I learned that ginger ale, saltine crackers, peppermint oil, and acupressure bands were the most talked about methods which is why I chose to test them specifically. During testing the saltine crackers and acupressure bands were the most effective. While eating the crackers I was only sick during the video and while wearing the acupressure bands I was not sick at all.

My hypothesis was incorrect because I stated that I would need to drink the ginger ale after watching the video and also by saying that it would be the most effective. After doing this project I can now recommend using acupressure bands to people who are suffering from motion sickness and I can also recommend saltine crackers to those who do not have acupressure bands. I learned a lot about motion sickness as a whole, which in turn allows me to better combat my illness in the future.

*I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.*

Finalist's Signature:

Date:

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. A signed copy of this form must be included in your notebook.