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| Competition, in itself, is a complicated thing. It can even be harmful when practiced continually in everyday life. From the economics of Dr. John Nash to the specific studies of Dr. Robert Helmreich (tested schoolchildren in cooperative vs. competitive environments) it has been found that competition is not always beneficial. (Lewis, 173) We wish to study the effects of competition in a strictly physical sense, however, to see if the stress reduction is comparable to non competitive exercise.  The focus of our research, however, is whether the group of competitive athletes or the exercisers will have less stress in their lives. When researching the benefits of exercise on stress, the local library had very little information of which types of exercise were more beneficial. We found almost no medical journals or magazine articles on the subject. Since exercise is such a broad term, and used so vaguely, we decided to focus on two different types of exercise, competitive sports and non competitive cardio vascular exercise (jogging on a treadmill, stairmaster, elliptical trainers, etc.) By focusing on these two, we will isolate our variable of competition.  Our question is this:  Does competitive exercise and the habits learned thereof provide the individual with better mechanisms of stress relief than non-competitive exercise?  ([Intro1](http://docs.google.com/introduction.html))([Intro2](http://docs.google.com/intro2.html))([Intro3](http://docs.google.com/intro3.html))([Intro4](http://docs.google.com/intro4.html)) [(intro5)](http://docs.google.com/intro5.html)  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |