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| Brazilian soccer legend Pele once confided in a reporter that while playing he felt a strange calmness, "It was a type of euphoria." he said. "I felt I could run all day without tiring, that I could dribble through any of their team or all of them, that I could almost pass through them physically. I felt I could not be hurt. Perhaps it was merely confidence but I have felt confident many times without feeling that strange invincibility." Similarly, John Brodie, a former quarterback for the San Francisco forty-niners, wrote that during a game, "time seems to slow way down, in an uncanny way, as if everyone was moving in slow motion. It seems as if I have all the time in the world to watch the receivers run their patterns, and yet I know the defensive line is coming at me as fast as ever."    Runner's high, second wind, dissociation; the effects of exercise on stress have slowly become known to popular culture and taken on names of their own. Whatever you call it, it is a phenomenon that the average person knows little about and which continues to puzzle the scientific community. We chose to research exercise and the way it affects stress because personally, we are both athletes, and certainly we are both stressed. With all the added stress we were under holding down jobs, playing a sport, and taking all the AP classes we were, we began to wonder what made a person better able to handle stress. Everyday we see classmates that seem to have half the responsibilities we do, frazzled out of their mind by their stress. However, we also see other students who are carrying course loads we think are impossible and still never seem stressed out. We decided to research this in the hopes that we could find better ways of coping with our own personal stress.    Before we pose our broader question, however, we must first define our terms. There is no simple definition for stress, but for the sake of this project and in general, stress can be thought of as "the perception that events or circumstances have challenged or exceeded a person's ability to cope." (Constable, p. 5) For these very reasons, the study of stress is often difficult because it is so subjective. Stress affects everyone differently, some individuals crack, some simply cope, and some are inspired to rise above the challenge. What enables a person to handle stress better than the next person? Is it hereditary, or acquired? If it is acquired what life patterns or activities help a stressed individual acquire the characteristics needed for effective stress relief? Can a stressed person become unstressed, and vice versa? We hope to answer these questions through our project and maybe find a better way to rid ourselves of the weight on our shoulders, the burden we bear, that little thing that plays such an unwanted role in everyone's life : stress.    ([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)] |