

**DOES THE MANUAL EFFORT
HAVE AN INFLUENCE ON A
CONCENTRATION?**



PROBLEM OF MODERN WORLD

MORE AND MORE YOUNG PEOPLE HAVE PROBLEMS WITH CONCENTRATING, WHICH PROBABLY IS CAUSED BY THINGS THAT SURROUND THEM LIKE PHONE, TV AND NOISY ROADS.

SOME OF THEM DECIDE TO ABANDON TRAININGS AND START STUDYING MORE (IT USUALLY COMES WITH AN AGE). BIG PART OF THEM ARE NOT AWARE THAT THESE TRAININGS COULD HAVE HUGE IMPACT ON THEIR RESULTS AND IT CAN MAKE THEIR CONCENTRATION BETTER.





- **IN THIS PROJECT I AM GOING TO TEST IF PHYSICAL TRAINING CAN HELP STUDENTS TO CONCENTRATE AND WORK MORE EFFICIENTLY.**

WHAT EXACTLY AM I GOING TO DO ?



TO CHECK THE TRUTH OF MY THEORY I AM GOING TO USE A SIMPLE GAME, WHICH BASES ON PERCEPTIVITY AND CONCENTRATION.

- 1. FIRSTLY I WILL FIND A GROUP OF PEOPLE, WHO WILL BE MY 'GUINE PIGS'.**
- 2. THEN I WILL TEST THEIR PERCEPTIVITY AND CONCENTRATION BY THIS SIMPLE GAME.**
- 3. NEXT THIS GROUP WILL HAVE TO DO SOME MANUAL EXERCISES, WHICH SHOULD MAKE THEM TIRED**
- 4. AFTER THIS I WILL TEST THEM BY THIS GAME ONE MORE TIME TO CHECK IF MY THEORY IS TRUSTFUL.**
- 5. I WILL COMPARE THE RESULTS BEFORE AND AFTER WORKOUT AND I WILL PRESENT IT IN THE CLASS PROBABLY IN A SHAPE OF A SHORT VIDEO.**

- **YOU CAN FIND MANY EXPERIMENTS WITH VERY SIMILAR TOPIC TO MINE, BUT YOU HAVE NO IDEA WHICH ONE OF THEM IS TRUSTFUL. TO SUM UP I WILL TRY TO CONFIRM OR SMASH THEM ;)**



THANK YOU FOR YOUR ATTENTION