Data Collection:

Hypothesis: Which activity will produce the most power? Rank the exercises from 1 to 4. 1 being the most power, 4 being the least amount of power.

Exercise	**Rank**
Push-Up	
Stair Climb	
Bicep Curl	
Mass Drag	

Data:

Exercise A: Push-Up

Group Member's Name	**Reading on scale in "up" position**	**Force Applied in Newtons** (weight x 4.45)	**Distance in "up" position** (meters)	**Distance in "down" position** (meters)	**Total Distance Traveled** (up - down) x 10	**Time** (the time it takes to do 10 push-ups)	**Work (W=F*d)** (Joules)	**Power (P=W/t)** (Watts)

Exercise B: Stair Climb

Group Member's Name	**Student Weight**	**Force Applied in Newtons** (weight x 4.45)	**Height of 1 stairstep** (meters)	**# of stairs climbed**	**Total Distance Traveled** Height of 1 step x number of stairs	**Time** (the time it takes to climb 1 flight of stairs)	**Work (W=F*d)** (Joules)	**Power (P=W/t)** (Watts)

Exercise C: Bicep Curl

Group Member's Name	**Weight of the dumbbell**	**Force Applied in Newtons** (weight x 4.45)	**Distance for "start" (down) position** (meters)	**Distance in "finish" (up) position** (meters)	**Total Distance Traveled** (up - down) x 10	**Time** (the time it takes to do 10 bicep curls)	**Work (W=F*d)** (Joules)	**Power (P=W/t)** (Watts)

Exercise A: Mass Drag

Group Member's Name	**Force Applied in Newtons** (Always _____)	**Total Distance Traveled** (always 7 meters)	**Time** (the time it takes to drag the mass 7 meters)	**Work (W=F*d)** (Joules)	**Power (P=W/t)** (Watts)