Name:

Power Lab

Objective: In this lab, you will determine your power output running up stairs.

Materials: You will use your muscle, speed, endurance, a meter stick, and a stop watch. You must also know your weight.

Procedure:

1. Measure the height of one stair. Count the total number of stairs.
2. When 3 people are ready to time you, run up the stairs, **TOUCHNG EVERY STAIR**.
3. Convert your weight in pounds to mass in kilograms. (divide by 2.2)
4. Calculate your power output in Watts.
5. Determine your horsepower. (1horsepower, hp = 745.7W)

**Data:**

Height of one stair \_\_\_\_\_\_\_\_

Number of stairs \_\_\_\_\_\_\_\_

Time to run up stairs \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

Weight in Pounds \_\_\_\_\_\_\_\_

**Calculations:**

Total height gained \_\_\_\_\_\_\_\_

Average time \_\_\_\_\_\_\_\_

Mass in kilograms \_\_\_\_\_\_\_\_

Power \_\_\_\_\_\_\_\_

Horsepower \_\_\_\_\_\_\_\_