

Title - Influence of Exercise on Clothespin Squeezing of Humans

Hypothesis - Exercise will increase/decrease the rate of clothes pin squeezing

Materials:

1. stop watch
2. chair
3. table
4. clothes pins (25)

Methods

- 1) Gather all of your materials, and provide each student with a clothes pin
- 2) Assign half the class to the control group
- 3) Have the students hold the clothes pin between the tips on the index finger and thumb (dominant hand)
- 4) Set the timer for one minute and have the students in the control group squeeze the clothes pin as many times as they can in one minute, making sure the clothes pin fully open and closes each time
- 5) Record the data in the data table provided and calculate the control group average
- 6) Repeat steps 3-5 for trial two and trial three during the next two days
- 7) Assign the other half of the class to the experimental group
- 8) The experimental group will exercise before squeezing the clothes pins, by doing hand clasps, with the same hand they use for squeezing (dominant hand)
- 9) Each subject in the experimental group will have their elbow resting on the table with their fore arm vertical, while clasping their hand. They should do one clasp every second for one minute
- 10) Allow 10 seconds after the bout of exercise before beginning the clothes pin squeezing. Follow steps 3-6.