**LABORATORY ACTIVITY 12**

**INDIVIDUAL DATA SHEET**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Part 1: Just Jump Mat

|  |  |  |
| --- | --- | --- |
| Trial | Inches | Meters  (inches x 0.0254) |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| Mean |  |  |

Part 2: Vertec

|  |  |  |
| --- | --- | --- |
| Trial | Inches | Meters  (inches x 0.0254) |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| Mean |  |  |

Part 3: Just Jump calculations

Actual jump height(m) = (0.8747 x mean(m)) – 0.0666

Actual jump height (m) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_