

Sample Project One: Stretch Test

Name: _____ Date: _____

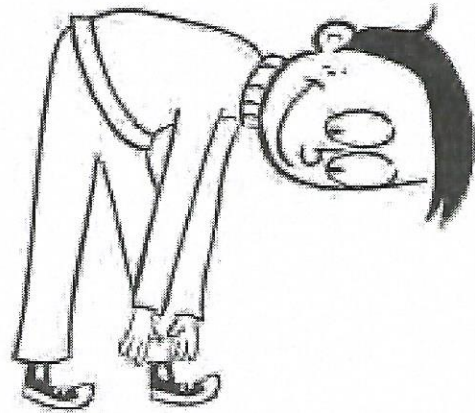
Below is an example of a science project from start to finish.
You can use this as your guide as you work on your own project.

Project Topic: How a Person's Flexibility Changes
Throughout a Workout

Project Title: Stretch Test

1. My Question

The question I plan to answer with my experiment is: Are people able to stretch farther before or after hanging in a forward bend?



2. My Purpose

Rewrite your question to complete the following sentence. The purpose of my experiment is to: *find out when people are most flexible—at the start or end of a workout.*

3. My Variables

My independent variable, or the one thing I plan to change, is: *the total length of time spent hanging in a forward bend before giving a stretch test.*

My dependent variable, or the change I will measure, is: *the distance that people stretch.*

My controlled variables, or the things I will keep the same, are: *people will perform the same stretch test. I will make sure that the room temperature stays constant throughout the workout because people's muscles loosen up in warmer temperatures. I will have people perform the stretch test three days in a row, always at the same time of the day.*

4. My Research

Go to the library, perform Internet research, or interview an expert to gather information about your topic. Keep notes on your findings:

It is best to do light stretching before a workout and a more thorough stretching routine after a workout. Stretching your muscles when they're cold increases your risk of pulled muscles. Source: Mayo Clinic staff, Stretching: Focus on flexibility, The Mayo Clinic, <http://www.mayoclinic.com/health/stretching/HQ01447>