

## Sample Project One: Stretch Test

(continued)

### 5. My Hypothesis

A *hypothesis* is a possible answer to a research question. Reread your question in Step 1. Based on my research, my hypothesis is:

The longer a person works out before stretching, the farther the person will be able to stretch.

### 6. My Procedure

Materials:

- ruler
- masking tape
- clock
- pencil
- paper

Procedure Steps:

1. Place a ruler on the floor.
2. Use masking tape to tape the ruler to the floor.
3. Ask a person to sit on the floor with his or her legs straight out in front and heels lined up with the ruler's 5-inch mark. Have the person separate his or her heels by 12 inches.
4. Have the person lean forward, arms stretched straight out in front as far as he or she can reach.
5. When he or she can't stretch forward comfortably any more, have the person put his or her fingertips down on the ruler. Record this distance (measure from the 0-inch mark).
6. Have the person stand up and hang in a forward bend for one minute.
7. Repeat Steps 3 through 5.
8. Have the person stand up and hang in a forward bend for another minute.
9. Repeat Steps 3 through 5 once more.
10. Repeat the experiment with the same person for three days in a row. Perform the experiment at the same time each day.