

Lab 8-4: Human Power

Purpose: 1. To determine your power (in W and HP) when going quickly up a flight of stairs.

Procedure: *Describe what you measured and how you measured it. You do not have to describe how you know your mass. A diagram would probably help.*

Data: *Clearly give your data, including units.*

Analysis: *Clearly explain / show your calculations.*

Conclusion: *State the answer to your purpose. Also comment on how accurate your answer is*