

Describe the following and provide an example not in the book:

Isometric contraction: _____

Isotonic contraction: _____

Part A:

Hypothesis:

If _____

Then _____

Because: _____

Diagram: Biceps label the insertion and origin points with anatomical terms.

Data:

Relaxed (cm)	Lift chair (cm)	Sit relaxed (cm)	Book Trial (cm)

Compare the muscle lengths for the above trials and to the hypothesis. Explain the data!

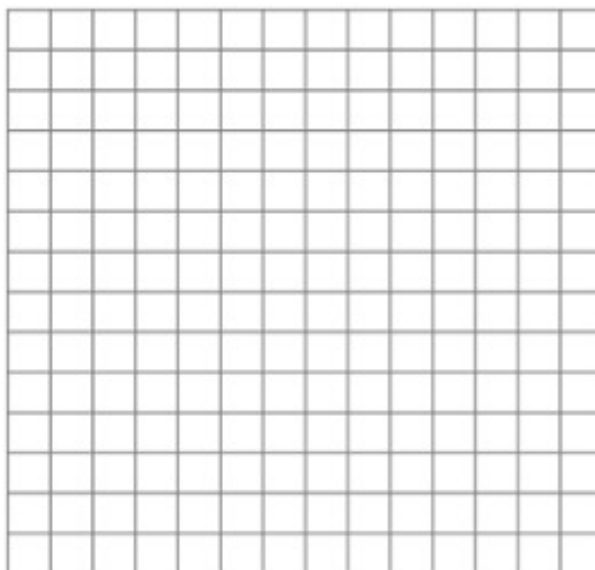
Part B: Data for 10 trials of lifts in 30 seconds

										Avg

Title:

Independent variable:

Dependent Variable:



Explain the data:

Part C:
Warm water

										Avg

Cold Water

										Avg
