Form 8.2

NAME _____ DATE _____ SCORE _____

JUMPING—VERTICAL POWER

Lab Results

Name: _____ Date: _____ Score: _____

Gender: _____ Initials: _____ Age (y): _____ Weight (kg): _____ Body mass (N): _____

Standing reach (in.) _____ *Measured with feet flat on floor using jumping hand*

Jumping reach (in.) T_1 _____ T_2 _____ T_3 _____ T_4 _____ Best _____ *(closest 0.5 in.)*

Vertical jump = _____ in. = _____ cm = Vertical difference (D) _____ m

Absolute mean power (W) = 2.21 * _____ (Body mass (N)) * √ _____ (√ D (m)) = _____ W
Lewis equation

Relative mean power ($W \cdot kg^{-1}$) = _____ W / _____ kg = _____ $W \cdot kg^{-1}$

Absolute peak power (W) = [51.9 * _____ (VJ (cm))] + [48.9 * _____ (Wt (kg))] - 2007 = _____ W
Sayers CMJ equation

Relative peak power ($W \cdot kg^{-1}$) = _____ W / _____ kg = _____ $W \cdot kg^{-1}$

Category *(Table 8.1)* for: _____ Vertical jump _____ Mean power _____ Peak power

Evaluation/comments: _____

_____

_____

Gender: _____ Initials: _____ Age (y): _____ Weight (kg): _____ Body mass (N): _____

Standing reach (in.) _____ *Measured with feet flat on floor using jumping hand*

Jumping reach (in.) T_1 _____ T_2 _____ T_3 _____ T_4 _____ Best _____ *(closest 0.5 in.)*

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Category *(Table 8.1)* for: _____ Vertical jump _____ Mean power _____ Peak power

Evaluation/comments: _____

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