



# Stress This\*

18. In your science journal, describe what happened over the course of the entire experiment.
19. Graph your results over the 2-week period.
20. Compare the results of the boys and girls in your class. Discuss any similarities and/or differences.

## Discussion

1. Compare the number of clicks on the first day to the number of clicks after 2 weeks. Describe any pattern.
2. How did your results compare with your predictions?
3. What does this activity tell you about physical stress and the body?
4. Was there a difference between the boys and girls? Why or why not?

## Extension

Based on what you learned from this activity about muscle strength and endurance, do the following activities:

1. Time yourself as you write your full name 10 times. Time yourself again as you write your full name 10 times backwards. Record the time it took you for both trials in your science journal. Why do you think there was a difference in the two times? Practice writing your name backwards several times over the next few days. What happens to the time needed to write your name? Explain any differences between times.
2. In a large, open space, stand with your feet flat on the ground. Long jump as far as you can. Measure the distance you jumped and record it in your science journal. Repeat this activity 3–5 times. What happens to the distance you are able to jump? Practice this jump every other day for a week. Now record the distance you are able to jump. Explain any differences in jumps.
3. Time yourself as you stand on one foot. Stop the timer when you can no longer hold your leg up. Record the time in your science journal. Repeat this activity several times. What happens to the length of time you are able to stand on one foot? Why?

## Stress This Table

Date	Trial 1		Trial 2		Trail 3							
	Prediction	Actual	Prediction	Actual	Prediction	Actual						
	Dom	Non	Dom	Non	Dom	Non	Dom	Non	Dom	Non	Dom	Non

(In the table, Non stands for nondominant and Dom refers to dominant.)

\* This hands-on activity was adapted from activities in *From Outer Space to Inner Space/Muscles and Bones: Activities Guide for Teachers* created by Baylor College of Medicine for the National Space Biomedical Research Institute under NASA Cooperative Agreement NCC 9-58. The activities are used with permission of Baylor. All rights reserved. For additional activities visit [http://www.nsbri.org/Education/Elem\\_Act.html](http://www.nsbri.org/Education/Elem_Act.html)