Name: _____ **Date:** _____

Grip Strength Data Worksheet **Example**

1. Using the hand dynamometer, record the grip strength of other classmates in the table below.

Test Subject Name	Grip Strength
Juan	12 lbs
Emily	10 lbs
Kristy	9 lbs
Jacob	15 lbs
Megan	8 lbs
Mr. Johnson	35 lbs
Mrs. Sanderson	20 lbs
George	13 lbs
O'Doyle	18 lbs
Betina	7 lbs
Mike	10 lbs

Test Subject Name	Grip Strength

Example average calculation:
(10 + 9 + 8 + 20 + 7) ÷ 5 = 10.8 lbs

2. Re-organize your data to determine what factors affect an individual's grip strength. Calculate averages per category. Use the back side of this worksheet for your calculations.

Grip Strength by Gender	
Girls	**Boys**
	12 lbs
10 lbs	
9 lbs	
	15 lbs
8 lbs	
	35 lbs
20 lbs	
	13 lbs
	18 lbs
7 lbs	
	10 lbs
Average:	**Average:**
10.8 lbs	17.2 lbs

Grip Strength by Age	
Younger	**Older**
12 lbs	
10 lbs	
9 lbs	
15 lbs	
8 lbs	
	35 lbs
	20 lbs
13 lbs	
18 lbs	
7 lbs	
10 lbs	
Average:	**Average:**
11.3 lbs	27.5 lbs

Grip Strength by Height	
Shorter	**Taller**
12 lbs	
10 lbs	
9 lbs	
	15 lbs
8 lbs	
	35 lbs
	20 lbs
	13 lbs
	18 lbs
7 lbs	
10 lbs	
Average:	**Average:**
9.3 lbs	20.2 lbs

3. What patterns did you discover in your data analysis?

Answers may vary.

4. What changes would you make to your dynamometer design based on your analysis?

Answers may vary.