Bioastronautics: Lesson 2, Walk, Run, Jump! Activity – Relay Worksheet

Team Members’ Names

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______________________________________

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Walk, Run, Jump! Activity – Relay Worksheet

HOPPING start time: _________        Hopping end time: __________
Total time for hopping: _________

JUMPING start time: _________        Jumping end time: __________
Total time for jumping: _________

WALKING FORWARDS start time: _________ Forwards end time: __________
Total time for walking forwards: __________

WALKING BACKWARDS start time: _________ Backwards end time: __________
Total time for walking backwards: __________

Which race was the fastest? _______________

Which race was the slowest? _______________

What was the total time for all four races? __________

Which type of muscle did you use for all these races?
Circle one:    skeletal    cardiac    smooth