The 100/200/400/mile Meter Man/Women Project

INSTRUCTIONS: Use this document to record your measurements and calculations etc….

Your objective:
Create an attractive, graphically eye-catching, easily informative poster that will show a bunch of demands of human performances that are required to run 100, 200 or 400 meters.

Measurements and Data to Record
Raw Data Measurements

1. Time
2. Breath count
3. Steps (option)
4. Heart Rate (BPMs before and after and % increase)

Calculated Measurements

5. Specific number of heart beats during the 100 meter sprint (use watches)
6. Stroke volume (estimate a slight increase, but over 15s - 1.5 min it probably didn't change any more than 15%).
7. Cardiac Output:
    a. Calculate total CO during sprint in ml.
    b. Calculate the CO as a rate in ml/min using data from the end of the sprint.
8. Lung volume air exchange calculations
9. Weight loss and calories burned
10. The number and list of the major joints
11. Total amount of O2 ml used up (converted from VO2 max)
12. Speed in miles per hour

Comparison:
**Include 2 comparisons from any of these measurements that relates it to something interesting and easily relatable (ie….volume of blood in 2L soda bottles)