**Energy Lab**

**Option 1: Human Power Output**

**Purpose**: To measure human power output.

**Materials**: Stairs, stadium stairs, stopwatch, meter sticks, kilogram scale, awesome knowledge of physics.

**Procedure**: You must come up with your own procedure within a group of two or three. Be sure to do multiple trials. (3-10??)

**Your completed lab** **must have the following**:

•Brief description of what you did

•Diagram of your procedure with labels.

•Your formulas in a general form.

•Step by step description of how you calculated the power – show the calculations you make

•**A calculated uncertainty of the power output**.

**Two or three people could share a lab write up as long as you all work on it.**

**Option 2: Determine the spring constant of one of my springs (IB folks should do this)**

The IB Candidate needs to gather their own data, and turn in their own lab. Include a brief description of how you took data, and what measuring devices you used so an IB evaluator can have an opinion about the appropriateness of your estimated uncertainty. Show your work in deriving the result and uncertainty. Non IB folks could turn in a group report (2 or 3 could share the same report as long as you all work on it)

**IB folks – this is one of the few times you could do DCP – so really try to do it right.**