

Jubilee St. Louis
I'm Running It!

The purpose of this investigation is to determine if the length of the stride (long, short, or normal steps) alters the speed an athlete can attain for the 100 meter dash. I hypothesized that the longest stride possible would be the most efficient therefore covering more ground at a quicker pace.

This experiment includes measuring an athletes' stride with a pedometer and seeing which stride (control, long, short) alters the speed an athlete can attain for the 100 meter dash. The athlete's natural pace is the control. The speed was measured with a stopwatch (seconds).

Based on the data collected, my revised hypothesis is that if the length of your stride (control, long, short) (IV) is increased then the speed (DV) will have no statistical difference due to the variability of the runners in the 100 meter dash.

These findings lead me to conclude that the length of your stride did not affect your speed in the 100 meter dash.