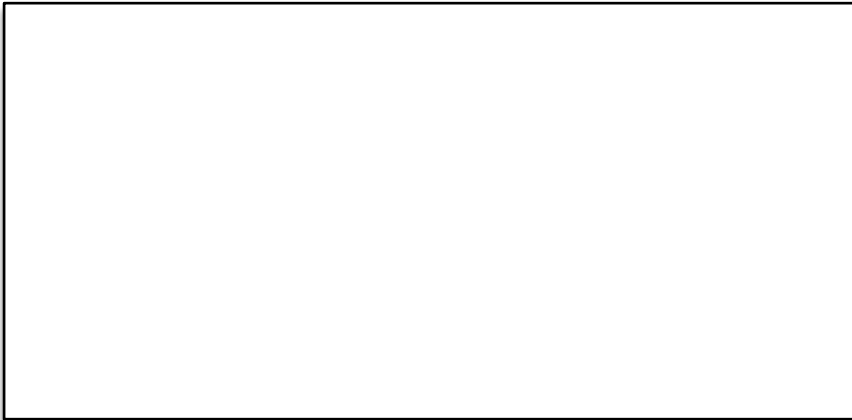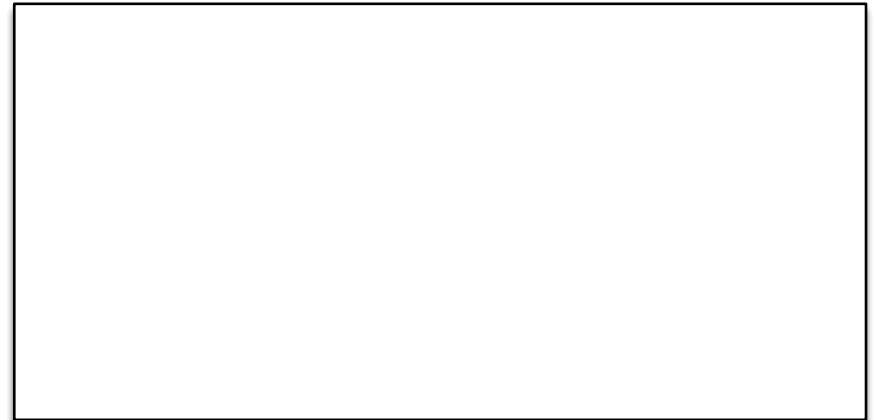# Week 5 Weight & Normal

Jump Activity

1. Take your laptop and plug in the USB from the Force Plate.

2. Open Logger Pro.

3. With NOTHING on the Force Plate, zero it by clicking the zeroing button.

4. One of you should stand on the Force Plate.

5. Click the green collection button.

6. WAIT UNTIL THE GRAPH BEGINS TO READ, then drop down and jump up and off of the Force Plate.

7. DO NOT CLICK THE STOP BUTTON. The Force Plate will stop by itself.

8. Sketch the graph in the box provided.

9. Label the parts of the graph:
- A) Not doing anything yet.
- B) Dropping down.
- C) Pushing off.
- D) No longer on the Force Plate.

10. Write next to each zone whether it was:
- The same as your weight.
- Less than your weight.
- More than your weight.
- Zero.

11. What is your weight in Newtons?