

# Clothespin lab essay



**ASSIGN  
BUSTER**

The Effect of Exercising on Clothespin Squeezing Rate  
Problem: Does exercise

affect clothespin squeezing rate  
Hypothesis: If you exercise then the

squeezing rate will decrease. Materials: Clothespin, clock  
Safety Rules: Don't

put clothespin where it doesn't belong. Experimental Design: Independent

Variable: If you exercise or not  
Dependent Variable: Clothespin squeezing

rate  
Controlled Factors: Health, same clothespin, which hand you use (keep

the same hand), how long you do it for  
Control Group: People who don't

exercise  
Experimental Group: People Exercising  
Procedure: 1. Get clothespin.

2. Make sure you are rested. 3. Squeeze the clothespin as much as you can

for 60 seconds while counting.

4. Record data. 5. Repeat 2-4 for 2 more trials. Discussion and Conclusion:

My hypothesis was correct because most averages went down in squeezing

rate but only one went up by about 1 and all the others went down by at

least 2, 10, 20, or 40.

Suggestions for Improvement: This experiment wasn't perfect because

during the 60 seconds some people dropped their clothespin so it messed up

their actual result. It is difficult to control all factors with human subjects

because some people play sports and use those muscles more than other

people. For this experiment I would add more people and do more trials to

get more exact results than using 5 people and only 3 trials. Suggestions for

Further Research: Two suggestions for other investigations would be to

measure and record the weight and height of each person being

experimented and to then experiment them with the same procedure to see

if specific weights or heights affect the rate of squeezing a clothespin in one minute.

Another suggestion would be to change how long you would squeeze or rest to see if you would get the same results.