

## Stair-Climbing Power Lab

Name: \_\_\_\_\_

### Background Information:

Work equals force times the distance through which the force acts. Force is expressed in newtons (N) and distance is expressed in meters (m). Work is expressed in newton-meters, or the simplification, joules (J).

The rate which work is done is called power. Power equals work divided by time. If work is in joules (J) and time is in seconds (s), power is expressed in joules/second, or the simplification watt (W). James Watt was a British scientist who invented the steam engine. To find out how the power of his engine compared to that of a horse, Watt measured how fast an average horse could do work. He found the answer and expressed the amount of the work performed per second as a horsepower. One horsepower is the equivalent of 746 W.

### Objective:

- 1) To find out how much power you use when climbing the stairs.
- 2) To practice calculating work and power.

### Materials:

scale

metric ruler

stairs

stopwatch

### Procedure:

- 1) Measure your weight using the scale. Weight should be expressed in newtons.

Convert pounds to newtons by multiplying pounds by 4.45. Convert kilograms to newtons with Newton's 2<sup>nd</sup> Law ( $F=ma$ ). Multiply kilograms by the acceleration due to gravity.

- 2) Measure the height of one stair (in meters).
- 3) Count the number of steps you will be climbing—and multiply this by the height of a step to find the total height, in meters.
- 4) Climb the stairs as quickly and as safely as possible while your partner times you. Record the time as accurately as possible. **CAUTION: Be very careful. Make sure you hold onto the hand rail.**
- 5) Repeat step #4 twice, completing two more runs. **CAUTION: Be careful, if you are feeling overly exerted, do not continue.**
- 6) Switch roles with your partner and repeat steps #4 & #5.

<b>Weight (N)</b>	
<b>Height of one step (m)</b>	
<b>Number of steps</b>	
<b>Total height of stairs (m)</b>	
<b>Time of climb 1 (s)</b>	
<b>Time of climb 2 (s)</b>	
<b>Time of climb 3 (s)</b>	

### Observations:

- 1) Were the three climbing times roughly the same, or did they vary considerably?
  
- 2) Did you feel as if you exerted the same effort on each climb? Explain.

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**Chao Zhang**



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