

The background of the slide is a solid dark orange color with a pattern of lighter orange, semi-transparent autumn leaves scattered across it. The leaves vary in size and orientation, creating a textured, seasonal feel.

How High

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What is Vertical Jump?

- Vertical jump is the height at which a person pushes off the ground and hangs in the air.
- Haven't seen a person jump before?
- <http://www.youtube.com/watch?v=PmNX0tnusM>
- <http://www.youtube.com/watch?v=eXoqfIU0C6Y>

What we were looking for

- Any type of correlation
- A possible formula
- The high and lows

Why is vertical jump important?

- Vertical jump will help you in any sport because getting up high can give you many advantages i.e. to catch a ball, to head a ball, to power smash a ball, to dunk and play defense better, to catch a fly ball fly over the fence etc.
- Also might be correlated to power clean and squat, which are also important.

The Vertical Jump Is important In Sports

- Football
- Basketball
- Baseball
- Tennis
- Soccer

Vertical Jump used in football

- Jumping high in football is important because if a player can jump high he can go up and catch high pass or just the opposite, he can go up and deflect a pass.



Vertical Jump used in basketball

- An example is if a player can jump high he can block shooters shots which really helps a team defense



Vertical Jump used in baseball

- In professional baseball outfielders make great plays when they jump up high and catch the ball before they are considered a home run



Vertical Jump used in Tennis

- The vertical jump is the difference between an easy point with a good overhead smash



Vertical Jump used in Soccer

- The goalie can make more plays because he is able to cover more ground and make more saves

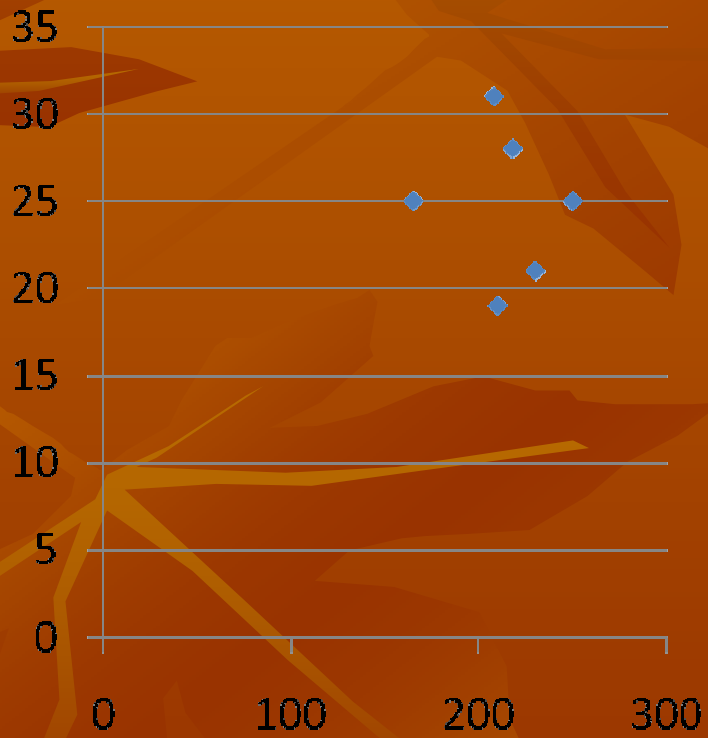


How to measure the vertical Jump

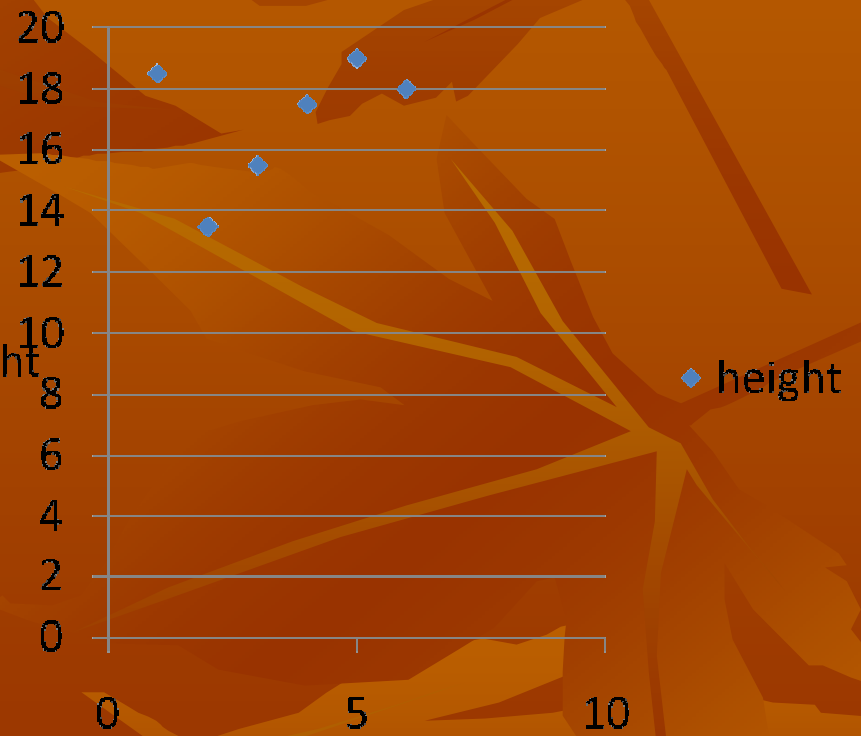
<http://www.youtube.com/watch?v=BMY295ezIH0>

Men vs women

height



height



Correlations

- Athletes beat the non athletes in every case but one.
- A girl non athlete jumped the second highest
- A Strong positive correlation for athletes jumping higher than non-athletes

Weight

- For the males, less weight caused a higher vertical jump everytime.
- This would be a strong negative correlation
- For the females, the two heavier females jumped high, with the lightest one jumping high as well
- A weak positive correlation was found after these observations

Gender

- Males jumped higher in every instance, except for one tie.
- A strong positive correlation for the males was observed

Explanations of Correlations

- Males have a higher testosterone count and therefore build muscles at a greater rate.
- Females higher estrogen rate does not allow for as much muscle because of the less aggression in most cases.
- Less weight cause the body to the same amount of energy for the take off and will jump higher.
- The more athletics a person does, the more physical activity and muscle building will ensue

Trying to Find a Formula

- We tried to find a formula for the guys only because we didn't want to ask the girls their weight and be rude.
- Wasn't successful

How high can you get?

