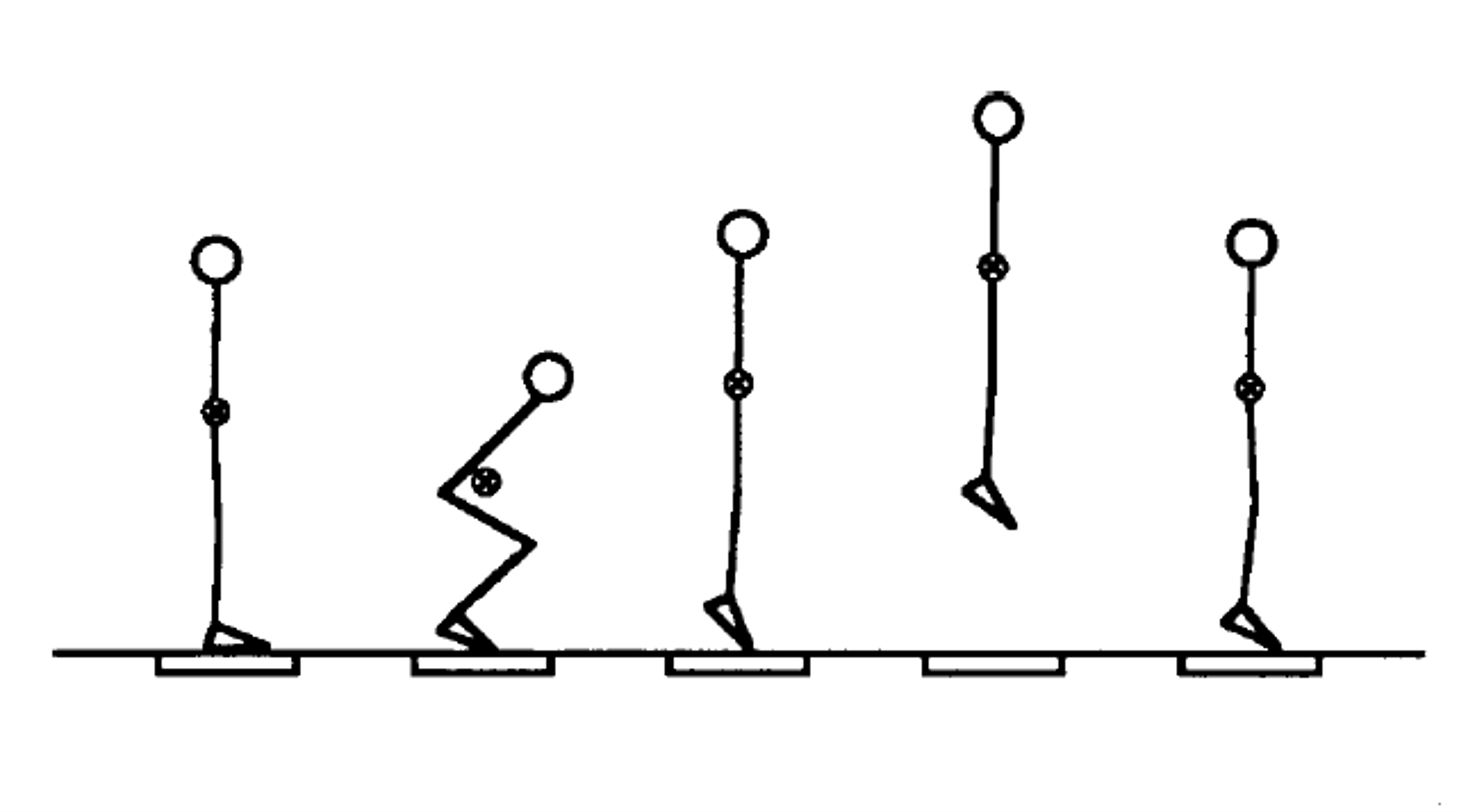
# Vertical Jump Height Worksheet



Am. J. Phys., Vol. 69, No. 11, November 2001 Nicholas P. Linthorne

Two methods: time of flight, double integration.

No validation

Bring 1 m rulers?

Get students to record the time of flight and then to estimate the jump height.

## Time of Flight Method

If you were to jump straight upwards, the length of time you are in the air can determine how high you have gone.

Timer 1: \_\_\_\_\_\_

Timer 2: \_\_\_\_\_\_

Timer 3: \_\_\_\_\_\_

What do I predict the height is? \_\_\_\_\_\_

What does the IMU predict? \_\_\_\_\_\_\_\_