**What’s Your Horsepower?**

It is possible to calculate the power you can output if you can quantify the amount of energy you must expend and have a device to time how long it takes. For our purposes, ascending a flight of stairs will do the trick.

1. Measure the height of the stairs. You can’t use a meter stick to measure the entire set of stairs, but you can measure the height of one stair, and then multiply by the number of stairs you have to ascend.

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Note: The width of the stairs aren’t very important. Sure you expend some energy moving forward, but not that much.

1. Calculate the work required to go up the stairs. (Remember, mass in this case is YOUR mass. 1lb=0.453592kg)
2. Run up the stairs! Have somebody time you and put the values into the table. Calculate your average power!

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| W= | |
| Trial | Time |
|  | 1 Horsepower =745.7W  What is your horsepower? |
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