## Project Title

**Superiority In Grip Strength: Athletes or Non-athletes?**

### Abstract

**Objectives**

The objective of my project was to clearly see the correlation between the athletes and non-athletes grips strength versus the independent variable, which was the length and hand span in inches. My goal was to see if the their correlations would have a positive, negative, or no linear correlation.

**Methods**

I used a hand dynamometer to test the grip strength in pounds, I connect to a labquest 2, both products were borrowed from my mentor. I used excel spread sheets to display my data and to help make my graphs.

**Results**

My results showed that each graph had a positive linear correlation, since I used Pearson's Correlation to see if this would be my outcome. Athletes did have a superior correlation in both categories I was testing, but the difference wasn't as large as I expected it to be.

**Conclusions**

This project expands in providing athletes or people looking for an improved physical health, the range that their grip strength should be in. This can help people realize that a low grip strength could be potential implications for diseases, such as heart disease.

### Summary Statement

I observed the correlations of an athlete's grip strength were higher than those of non-athletes.

### Help Received

My mentor provided the hand dynamometer and LabQuest 2, but I decided to use Pearson's Correlation to carry out the data analysis in my experiment.