NIKE AIR
J V C
Jordans vs Crocs

Problem

Which one =jump higher

I want to be able to jump super high to make the basketball team and I want to see which one will help me with that.

Variables

IV

Independent variable:

- We plan to test the different jump height between Crocs and Jordans.

DV

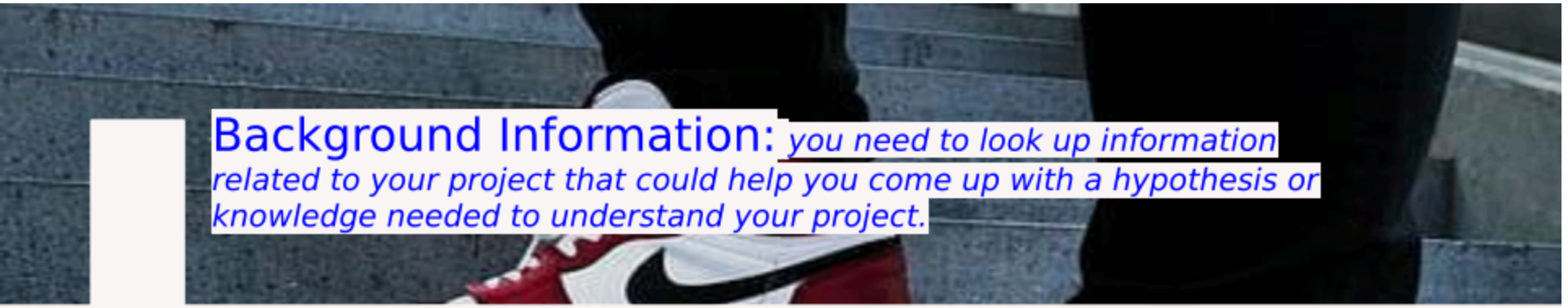
Dependent variable:

- We are going to measure with inches and see which one makes me jump higher Jordans vs Crocs.

C

Control variables:

- (The things we will be using for this project is a:) tape measure
- Size 9.5 jordans
- Size 9 crocs
- And a camera to help us measure the height



Background Information: *you need to look up information related to your project that could help you come up with a hypothesis or knowledge needed to understand your project.*

Research

- link 1 link 2 link 3 link 4 link 5 link 6 link 7 link 8 link 9 link 10 link 11 link 12 link 13 link 14
- It does matter what type of shoes you wear for better safety and results to jump higher.
- Crocs do not make you jump higher and they are unsafe to dunk with.
- Jordan 12 13 and 14 all make you jump higher than without shoes or regular shoes even crocs.
- Different types of insoles also have different impacts h=on how high you jump.

Vocabulary Words

- Croslite a plastic and foamy material that crocs are made from.
- Leather a material that most jordans are made of.
- Shoe something that you wear on your feet for comfort and safety.
- Insoles something that goes inside you shoe

Hypothesis

We think if we put in the VKTRY insoles then we could jump higher on average by 1.1 to 1.6 inches because they store returned energy and also because they use a customized carbon fiber base plate that functions like a spring.

Material

- Jordans 1 pair
- Crocs 1 pair
- Measuring tape
- Camera
- Socks one pair

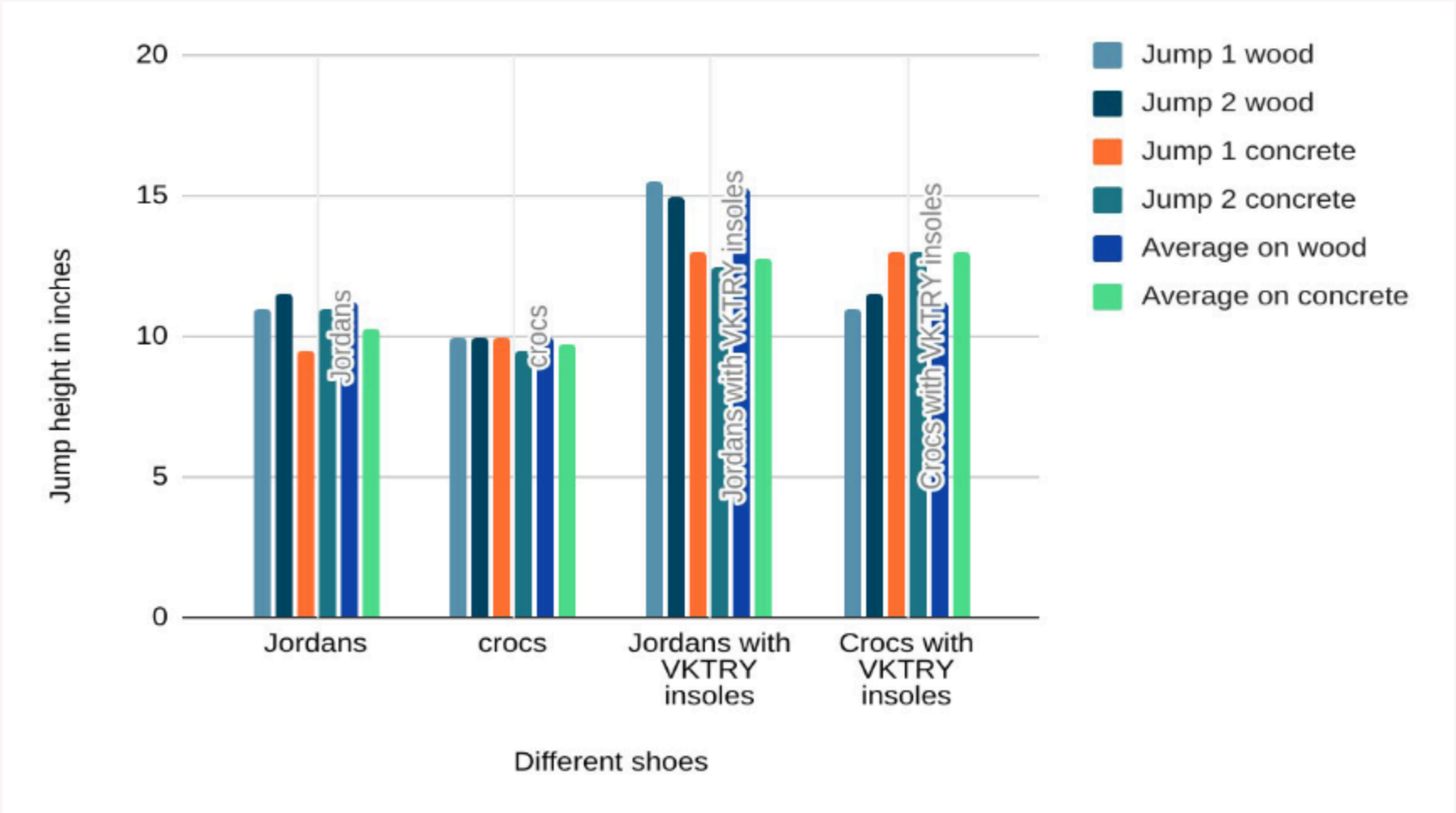
Procedures

1. Test jordans
2. Test Crocs
3. Measure how high I jump with Jordans
4. Measure how high I jump with Crocs
5. Record how high I jump with Jordans
6. Record how high I jump with Crocs
7. Measure how high I jump with Jordans with the VKTRY insoles
8. Measure how high I jump with Crocs with the VKTRY insoles
9. Record how high I jump with Jordans with the VKTRY insoles
10. Record how high I jump with Crocs with the VKTRY insoles

Data Collection

	Jump 1 Wooden Floor	Jump 2 Wooden Floor	Jump 1 Concrete Court	Jump 2 Concrete Court	Wooden basketball Floor	Concrete basketball Court
Jordans	11 inches	11.5 inches	9.5 inches	11 inches	11.25 inches	10.25 inches
Crocs	10 inches	10 inches	10 inches	9.5 inches	10 inches	9.75 inches
Jordans with VKTRY insoles	15.5 inches	15 inches	13 inches	12.5 inches	15.25 inches	12.75 inches
Crocs with VKTRY insoles	11 inches	11.5 inches	13 inches	13 inches	11.25 inches	13 inches

Data Graph


20
15
10
5
0
Jump height in inches
Jordans
crocs
Jordans with VKTRY insoles
Crocs with VKTRY insoles
Jordans
crocs
Jordans with VKTRY insoles
Crocs with VKTRY insoles
Different shoes
Jump 1 wood
Jump 2 wood
Jump 1 concrete
Jump 2 concrete
Average on wood
Average on concrete

Data Analysis

- Our data is about how high you can jump with different shoes.
- Our data looks like we took a bar graph and we have 4 parts and each part has 6 parts that are jump 1 jump 2 (wood) jump 1 jump 2 (concrete) average on wood average on concrete.
- Some similarities of the different shoes is they both have holes in them a difference is the crocs are rubbers and the jordans are leather.
- Adding an insert adds a height difference of 2 - 3 inches.
- An error that we encountered was that when we bought the insoles it was very hard to put them in the shoes and when we took them out it scratched the insides of the shoe.

Conclusion

I chose this experiment so that I could jump higher in basketball for rebounds or lay ins or even shooting. I wanted to get better and I wanted to see which would make me jump higher so that I could be a better basketball player.

We think if we put in the VKTRY insoles then we could jump higher on average by 1.1 to 1.6 inches because they store returned energy and also because they use a customized carbon fiber base plate that functions like a spring.
Our prediction was correct because the VKTRY insoles made me jump 4 inches higher for Crocks and Jordans.

Application

The VKTRY insoles are useful for any indoor sports.

I learned that the VKTRY insoles make me jump higher and that I should use the VKTRY insoles for basketball and I should also use the jordans for basketball also.

I would do it during day time next time so that i could see the results better.

Acknowledgements

Thank you for my partners dad and for my mom for allowing me to do the experiment.