**Armspieronderzoek deel 1**

Resultaten van:­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_en ­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *toestand van de buigspier* | *omtrek van de bovenarm in cm* | | | |
| *proefpersoon 1* | | *proefpersoon 2* | |
| *linkerarm* | *rechterarm* | *linkerarm* | *rechterarm* |
| *ontspannen* | *.* | *..* | *.* | *.* |
| *samengetrokken* | *..* | *.* | *..* | *..* |
| *verschil in cm* | *..* | *..* | *..* | *..* |
| *verschil in %* | *.* | *.* | *.* | *.* |

Beschrijf nu samen wat je kan concluderen bij dit deel van het onderzoek De hulpvragen vind je op de achterkant .

Wat was het verschil in omtrek van de bovenarm bij het buigen en het ontspannen van de arm?

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Wat kun je daaruit concluderen over de verandering in de spier bij het samentrekken?

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Was er een verschil tussen de linker en de rechterarm? Zo ja, hoe groot was dat verschil?

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Was er een verschil tussen de proefpersonen? Zo ja wat was dan het verschil?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Armspieronderzoek deel 2.**

Resultaten na \_\_\_\_\_\_\_\_\_\_\_\_\_ dagen trainen van \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_en \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *toestand van de buigspier* | *omtrek van de bovenarm in cm* | | | |
| *proefpersoon 1* | | *proefpersoon 2* | |
| *linkerarm* | *rechterarm* | *linkerarm* | *rechterarm* |
| *ontspannen* | *.* | *..* | *.* | *.* |
| *samengetrokken* | *..* | *.* | *..* | *..* |
| *verschil in cm* | *..* | *..* | *..* | *..* |
| *verschil in %* | *.* | *.* | *.* | *.* |

Wat is er veranderd?

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