

A.	Muscle soreness	DOMS	$n = 20 * 6 = 120$	ratio
	Subject	Subj	$n = 20$ (categories)	nominal
	time	t	$n = 6$ (categories)	nominal
	stretching	Str	$n = 2$ (categories)	nominal

B.  $DOMS = \beta_o + \beta_{Str} * Str + \beta_t * t + \beta_{Str*t} * Str * t + \epsilon$

C.  $df_{Str} = 1$   $df_t = 5$   $df_{Str*t} = 1 * 5 = 5$   $df_{err} = 119 - (1 + 5 + 5) = 108$

D. two way ANOVA, Subj not used as factor)

or:

B.  $DOMS = \beta_o + \beta_{Str} * Str + \beta_{Subj(Str)} * Subj(Str) + \beta_t * t + \epsilon$

Subj(Str) = subject within stretching

C.  $df_{Str} = 1$   $df_{Subj(Str)} = 9 + 9 = 18$   $df_t = 5$   $df_{err} = 155$

D. repeated measures within each stretching group.