How to determine if a data set approximates a normal distribution

Height (in.)	Frequency
61 or shorter	3
61-62	4
62-63	10
63-64	18
64-65	30
65-66	52
66-67	64
67-68	116
68-69	128
69–70	147
70–71	129
71–72	115
72-73	63
73-74	53
74-75	29
75–76	20
76–77	12
77–78	5
taller than 78	2_

