

### Big Idea

# Measure Reaction Time



### Materials & Equipment

- A partner
- 1 Ruler
- 1 Piece of paper
- 1 Pencil



### Procedure

1. Partner 1 holds the ruler 2cm above the hand of the person (partner 2) catching the ruler.
2. Hold the ruler so that the number 1 is closest to their hand.
3. Partner 2's job is to catch the ruler as fast as they can.
4. Without telling Partner 2, Partner 1 is going to releases the ruler
5. Partner 2 catches the ruler as soon as they sense it dropping.
6. Record the number above the thumb on the ruler.
7. The lower the number the quicker the reaction time.
8. Switch partners to see who has the faster reaction time.
9. Do you get faster the more times you repeat the task?

### What Happened?

This test measures not only your reflex's but your response time as well!

We are measuring the speed it takes for the eye to send a message to the brain and then the brain to send a message to your hand to grab the ruler.

