Optional Try This: Test Your Reaction Time

Skills: Observing, Analyzing, Communicating
In this activity, you will work with a partner to test how quickly you react to a stimulus.

Equipment and Materials: metre stick

Procedure
1. Stand, or sit in a chair, with your arm extended. Hold your hand as though you are about to grab a narrow object.

2. Your partner should hold the metre stick vertically so that the 0 mark is just above the top of your hand. Your partner should hold the metre stick so that when he or she drops it, it will fall straight down through your open hand.

3. Without warning you first, your partner should drop the metre stick. As soon as you see it drop, grab it.

4. In the table below, record the position on the metre stick where your index (pointer) finger is touching the stick.

5. Repeat Steps 1 to 4 five times.

6. Calculate the average distance the metre stick fell before you caught it.

<table>
<thead>
<tr>
<th>Trial</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Average</th>
</tr>
</thead>
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<tr>
<td></td>
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</table>

A. On average, how far did the metre stick drop before you caught it?

B. How do your results compare to your partner’s?

C. What do you think you could do to decrease your average distance? Name at least two things.

D. What types of tissues are involved in this activity? Explain your answer.