

Reaction Time

Materials

A ruler
Pencil and paper

Procedure

1. Have a partner hold the ruler by the very top of it. You put your hand at about the 1 inch mark and be ready to grab it, but do not touch it yet.
2. Your partner drops the ruler straight down without warning you. How fast can you react? What mark did you grab the ruler at? Record it.
3. Try this procedure again four or five more times. Each time, your partner lets go of the ruler without warning you, and each time you try to grab it as fast as you can. After each trial, record at what mark your fingers grasped the ruler. Does your reaction time get quicker?

Reaction time is basically a learned endeavor. If you tried this test several times every week, you would notice great improvement to a point of mastery. This part of our learning capacity serves us well. We need it to be efficient in driving, in working, and in playing games and sports. Life would be more difficult if our bodies could not learn and adapt to what we require of them!

