

SCIENCE @ THE LIBRARY

REACTION TIME

Find your reaction time by making simple measurements! We will be finding the time required for you to grab a dropped object, namely a 12 inch ruler.

MATERIAL NEEDED:

12" Ruler marked with measurements on attached blue paper.

WHAT TO DO:

Brace your hand on the edge of a desk so that the fingers are over the edge ready to grab the ruler as it is dropped.

Have your partner hold the ruler such that its zero centimeter mark is even with the center of your fingers and, at some random time, drop it.

Record the distance that the ruler fell (where you caught it), during the time that your body was reacting.

Repeat at least 5 times. It is important that the ruler is held even with your fingers (not above or below them) and that it is dropped (not thrown down). In general, your measurements should be between 10cm and 30cm.

Average your readings and then determine your reaction time.

Take the ruler home to try with your family and friends!