

## **Practical- Focussed reaction time**

### **Instructions**

Get into groups of three. Within these groups, one person will be the subject, another will be the assistant and the last will be the recorder. You will switch roles when you repeat the experiment so that everyone has a turn being the subject. Clear the area you will use for your experimental work.

Read the practical instructions and make sure you understand the requirements. When you are ready you can begin.

### **Materials**

- One metre ruler
- Book

### **Method**

- 1) The subject stands with their dominant arm held straight out in front of them.
- 2) The assistant holds the metre ruler between the finger and thumb of the subject's outstretched hand. The subject's thumb should be level with the 0 cm mark on the ruler.
- 3) The assistant drops the ruler without warning and the subject catches it as quickly as possible.
- 4) The recorder finds the distance that the ruler fell and records it in the results table on the next page.
- 5) Repeat steps 1 to 4 twice with the same subject.
- 6) Change roles and repeat steps 1 to 5 twice, so that everyone in the group catches the ruler three times.

