



**Reaction time** is the interval of elapsed time between a stimulus and the response to it. It is sometimes called **response time**.

### Reaction and/or response time

is extremely important in daily activities, such as sports & driving. A good way to gain background information and practice testing procedures is to use a variety of tools to test yourself and/or a friend.

- Test.** Record and compare your reaction time using your dominant hand. Use each of these tools, for 5 to 10 trials for each:
  - Reaction Time Stop Light  
Central Science Page → Reaction Time
  - Reaction Time Sight & Sound  
Central Science Page → Reaction Time
  - ← Reaction Time Test Strip

- Compare.** Test again, but now change the independent variable (your dominant hand) to one of the following.

Try:

- your non-dominant hand.
- your thumb and/or pinky finger.
- your non-dominant pinky
- a specific distraction, such as typing, reading, reciting alphabet or counting backwards (or texting).
- both hands or both feet, for  
← catching the strip.

- Present:** Choose independent variables (what you change or control) and the dependent variables (the resulting reaction time) to graph.

- Consider:** Predict results for comparing people of
  - different ages
  - different dominant hands
  - different genders

References:

<http://www.topendsports.com/testing/reactionmake.htm>

\*<http://www.topendsports.com/testing/tests/reaction-stick.htm>

Central Science Page: [plyter.com/science](http://plyter.com/science)

