

# Learning Activity: Reflex Test

Students names:

Date:

Supplies (provided my teacher):

- Ruler
  - Stopwatch
  - Worksheet
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Instructions:

- *Students will pair up. One of them holds a ruler vertically in the air while the other partner gets ready to try and catch it.*
  - *Partner holding the ruler drops it and the other student attempts to catch it as quickly as possible.*
  - *Students measure how far the ruler falls before it is caught.*
  - *Repeat the test 5 times and compare results from each attempt.*
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Questions:

- *How fast did you catch the ruler?*

<i>Attempt 1</i>	<i>Attempt 2</i>	<i>Attempt 3</i>	<i>Attempt 4</i>	<i>Attempt 5</i>

- *How does this test demonstrate how the nervous system affects reaction times?*

- *Why do you think your reflexes helped?*