

## AQA REQUIRED PRACTICAL:

# MEASURING REACTION TIME

How to investigate reaction time using the ruler drop test!



## METHOD:

### 1 PARTNER UP!

One person is the **CATCHER**, the other is the **DROPPER**.



### 2 HOLD THE RULER

The dropper holds the ruler vertically above the catcher's open hand.



### 3 DROP THE RULER

Let go of the ruler without warning. The catcher must react quickly and grab it!



### 4 MEASURE THE DISTANCE

Record the number on the ruler where it was caught. Repeat and calculate an average.



## THINK ABOUT:



Reaction time & the nervous system



How can you improve reaction time?



What factors might affect the results?

