

STEAM for good

Health and Sport Science

Today we are going to think about designing an experiment to measure our response times and think about what make them better..or worse!

Firstly why are they important?

Having good reactions is important in all sorts of different parts of our life, be that sport, riding a bike, playing a game or taking part in an interview and the good news is that like muscles they are something that you can train and improve overtime.

So can you design an experiment that measures reaction times, looks at what might impact them and whether you can improve them over time?

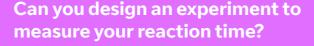
More things to explore

Test your reactions times and see how far the International Space Station would have travelled in that time tinyurl.com/59jeptck

Create your own stress ball tinyurl.com/ppyrs7y6

Create a program to help you and others stay healthy from a seated position tinyurl.com/kettz79t

Kit list



What will you need?
How will it work?
What do you need to measure?
How many attempts should you allow?
How will you record the findings?

What things affect the reaction time?
e.g. age, gender, mood, tiredness, doing
exercise before hand, dominant/non
dominant hand, background noise,
multi-tasking, closing your eyes

What parts of the experiment need to stay the same?
What are the variables?

Compare results with others
How can you effectively display and
share your results?

Can you improve your reactions over time?

