

STEAM for Good

Health and Sport Science

Activity pack



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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

- ✓ A ruler

Can you design an experiment to measure your reaction time?

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?

