Practical 10

Component Measured: Reaction Time

"The reaction time is the ability to react effectively and quickly on a given signal".

Name of the Test: Nelson Hand Reaction Time test.

Aim

The objective of this test is to measure the reaction time of hand movement in response to a visual stimulus.

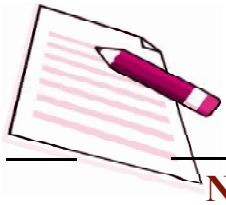
Required Equipment: Nelson reaction timer scale, table and chair or desk chair is required for conducting this test.

Testing Procedure:First give a practical demonstration to all the participants. The participant is to sit on the chair with his/her fore-arm and hand resting on the table (or desk top) in such a way that the tips of thumb and index figure are held in a ready to pinch position, about 3 or 4 inches beyond the edge of the table. The tester assures that the upper edge of thumb and index finger are in a horizontal position (see figure). The tester holds the scale vertically in the air between the participant's thumb and index finger, but not touching. Align the zero mark with the participant's fingers. The participant should indicate when they are ready. Without warning, release the scale and let it drop - the participant must catch it as quickly as possible as soon as he/she see it fall. The distance the scale fell will be recorded in meters. This procedure is repeated 20 times and take to average score.

Figure 10: Nelson Hand Reaction Time test

Scoring Procedure: Time is read from the stick just above the upper edge of the thumb when the participant catches the falling stick timer. Out of 20 trials, results of five fastest and five slowest trials, are discarded and the average of the middle 10 trials gives the score of this test.

Note



Effect and Observations

Perform Hand Reaction Test for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D11	D13	D15
Hand Reaction (Score)								

Observation

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Remarks

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(Signature of the Instructor)