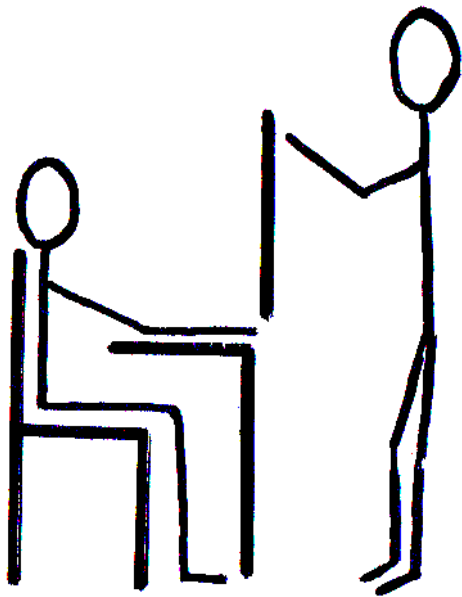


HAND REACTION TIME

(Reaction Time)

1. Sit in the desk and place your forearm on the desktop so that only your hand (from wrist forward) is hanging over the edge of the desk.
2. Place your hand in a position whereby your thumb and index finger are approximately 3 centimeters apart.
3. Your partner should hold the 'drop' ruler at the top between their thumb and index finger.
4. Line up the top of your finger and thumb with the bottom edge of the ruler.
5. Your partner will drop the ruler at any time and without warning.
6. Attempt to grab the ruler between your thumb and index finger as it is dropped.
7. Read the distance dropped in centimeters.
8. Complete 3 trials and average your results. Record the average distance dropped in centimeters.



EXCELLENT	46cm
VERY GOOD	47-51cm
FAIR	52-59cm
POOR	60-77cm
VERY POOR	78cm+