

# Understanding Reaction Times

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## Exploring the Nervous System

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what you learned about reaction times and the nervous system.

1. What does the nervous system do in relation to reaction times?
  - A. It slows down body responses
  - B. It acts like a communication network
  - C. It has no effect on reactions
2. Why do you think reaction times might be important in everyday life?  
\_\_\_\_\_  
\_\_\_\_\_
3. The brain sends commands to the body immediately after receiving signals.  
 True     False
4. The nervous system is like a \_\_\_\_ of information in the body.
5. How can reaction times differ for athletes compared to non-athletes?
  - A. Athletes have slower reaction times
  - B. Athletes have faster reaction times
  - C. There is no difference
6. How does your nervous system help protect you in dangerous situations?  
\_\_\_\_\_  
\_\_\_\_\_
7. Reaction times do not vary based on different factors.  
 True     False
8. Psalm 139:14 says we are \_\_\_\_ and wonderfully made.
9. What activity did we do to test our reaction times?
  - A. Balloon pop test
  - B. Ruler drop reaction test
  - C. Flashlight test
10. What did you learn about the complexity of the human body from this lesson?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Answer Key

1. It acts like a communication network 2. Reaction times are important because they help us respond quickly to danger or when we need to catch something. This can keep us safe and help us in sports and other activities. 3. True 4. superhighway 5. Athletes have faster reaction times 6. The nervous system helps protect us by quickly sending signals to our muscles to move away from danger. This quick response can save us from harm. 7. False 8. fearfully 9. Ruler drop reaction test 10. I learned that the human body has intricate systems that work together, like the nervous system, to help us react quickly and stay safe. It shows how wonderfully God designed our bodies.

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