



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Nirayl W. Kuba	Project Number S1006
Project Title Reflexes	
Abstract Objectives/Goals The objective of this project is to find the difference in your reflex abilities at different times of the day. My hypothesis was that during the middle of the day your reflexes will react with the most agility. Methods/Materials I tested this by gathering ten subjects, holding the ruler over there hand, dropping it unexpectedly and measuring at what inch they caught it. I did this three times a day (8:30 a.m, 2:30 p.m and 8:30 p.m) for three days. I then did another trial with the same ten subjects for three more days. Results On average the subjects caught the ruler more quickly (or in less inches) at 2:30 p.m. Conclusions/Discussion The fact that the subjects caught the ruler quicker at 2:30 p.m shows that they were more awake and conscious in the afternoon. I think that this is a result of the fact that they had eaten within the hour and that they weren't tired from the day or drowsy from the night. In the end my hypothesis was proven to be true.	
Summary Statement My project is the study of how fast your reflexes are at different times of the day.	
Help Received Colin Matheson and Sunny LeMoine helped edit my report.	