

# Sports drinks and reaction time

[Food & Diet](#)



**ASSIGN  
BUSTER**

My goal was to test different drinks that are advertised to help you have a better athletic performance, and to find out which one worked best.

Procedure: 1. I measured each test subject's reaction time prior to exercise for comparative measures. 2. I divided each 1200ml portions of Gatorade, Powerade, and Water into 300ml portions respectively. 3. I had each test subject take one of the drinks and go on a 30min run. I then, instructed the subjects to sip gradually and consistently throughout the run. 4. When test subjects returned, I measured each of their reaction times using the method that follows:

Method For Measuring Reaction Time: 1. I asked the subject to place his or her forearm flat on the surface of a desk or table. The subject's entire hand was extended over the edge of the desk. 2. I then asked the subject to place his or her index finger and thumb approximately 2 cm apart. They held a 30cm ruler vertically between their thumb and forefinger . The lower end of the ruler was even with the top of the thumb and forefinger. 3. They indicated when ready and released the ruler within the next 30s. Then, I measured the distance the ruler fell before being caught between the subject's thumb and forefinger. I then repeated the procedure for the left hand. I recorded my data in a table.