Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-10-16

Name	Period	Date	Lesson
		2026-10-16	

Lesson focus

Reaction-time lab

Key words and questions	Prepared details and student notes

Essential question
What is today's target?

Measure reaction time under different conditions and record the data. Big idea: Reaction time is a measurable physiological variable that reflects the speed of the entire neural pathway from stimulus detection to motor response.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- reflex
- reaction time
- stimulus
- response
- myelin
- receptor
- effector

My notes, examples, and questions

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Cornell Notes - Continued

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Must-know ideas **What should I understand by the end?**	- Ruler-drop method converts distance (cm) to time (ms) using free-fall kinematics; digital tools measure time directly. Both require consistent protocol for valid comparison. - A distraction condition (dual-task) increases reaction time because it adds processing load on higher cortical areas, illustrating that conscious processing adds latency beyond the basic reflex arc. - Computing a condition average requires recording at least five trials per condition and discarding obvious outliers (fumbled catch, early release). **My notes, examples, and questions**
Process notes **What happens during class?**	- 0-8: Setup and one practice trial; establish consistent drop protocol - 8-20: Baseline condition: five trials, record time in ms or cm - 20-35: Distraction condition: five trials with secondary task, record - 35-50: Compute condition averages; flag outliers with notes - 50-65: Peer-check: units present in every row? Averages calculated correctly? - 65-75: Add qualitative observation column: describe how distraction felt - 75-80: Submit data table **My notes, examples, and questions**

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Steps and evidence **What do I do and turn in?**	- Set up the ruler-drop or digital reaction-time test and practice once. - Run baseline trials and record each reaction time in a data table. - Repeat trials with a distraction condition (such as a second task). - Average each condition and note which was slower. - Submit your reaction-time data table with both conditions and averages. Evidence: Data table - Reaction-time data table with baseline and distraction conditions, all trials with units, condition averages computed, and any outliers flagged with notes. **My notes, examples, and questions**
Checks for understanding **How do I know I got it?**	- You can collect reaction-time data with units across conditions. - You can compute and compare condition averages. **My notes, examples, and questions**

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Lab or safety notes **What must I handle carefully?**	Safety: - Do not test reaction time in conditions that could cause injury (e.g., on a stairway or near equipment). - The ruler-drop test should be conducted while seated to avoid falls if the subject lunges for the ruler. - Do not use this lab to make medical claims about cognitive impairment. Supplies: - Metric ruler (30 cm minimum) OR digital reaction-time application - Printed or digital data table template - Calculator - Lab notebook - Timer (if running distraction condition with a separate countdown task) **My notes, examples, and questions**

Summary

Today's lesson focused on Reaction-time lab. The main target was: Measure reaction time under different conditions and record the data. The evidence of learning is Data table: Reaction-time data table with baseline and distraction conditions, all trials with units, condition averages computed, and any outliers flagged with notes.. In my own words, the most important idea from today is:

My summary

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My final question or connection