

# Reaction Times

How quick are your reaction times?

## What is a reaction time?

Your reaction time is the time it takes you to respond to a stimulus. It is an important aspect in any sport or skill-related fitness because athletes need to be able to think and move quickly in different situations.

## Responding to multiple stimuli

Responding to one stimulus may produce a fairly quick response. However, there may be more than one stimulus. As the number of stimuli increases the resulting response time slows down.



## Anticipation

Anticipating what might happen can reduce reaction time by interpreting certain cues and initiating a response before it is triggered. For example, a tennis player may predict their opponent's shot and move accordingly moments before the ball is actually hit. However, incorrect anticipation is possible and could make it difficult to react successfully.

Can you imagine a pilot doing several tasks at the same time, each requiring fast reactions with high precision whilst concentrating on steering a jet plane?