

Testing reflex actions

Name: _____

Class: _____

The following table lists examples of three reflex actions. Work in pairs to test each reflex action.

1 'Knee jerk' reflex	
<p>Sit in a chair with your legs crossed, so your top leg can swing. Using a reflex hammer, your partner will tap the tendon just below your knee cap. Observe any movement. Does conscious mental activity (such as counting backwards in sevens from 100) change the response?</p>	<p>What do you observe?</p>
2 'Ankle jerk' reflex	
<p>Remove your footwear and dangle your leg by sitting on something high (such as a stool or table). Your partner will tap your Achilles tendon with a reflex hammer. Note any motion of the foot.</p>	<p>What do you observe?</p>
3 Pupillary reflex (involving light)	
<p>Your partner will cover both of their eyes with their hands for a minute. Then shine a bright light (such as a torch) into one of your partner's eyes. Observe any effects on pupil diameter.</p>	<p>What do you observe?</p>