

PART I. REFLEXES - Record your own reactions.

MATERIALS - Rubber mallet, flashlight, and disposable tongue blade.

1. Knee jerk - With your partner seated, strike below his/her patella with a rubber mallet.
2. Eye blink - Make a sudden movement toward your partner's eyes without actually making contact.
3. Pupil - After your partner has closed both eyes for 30 seconds, shine a flashlight into the pupils.
4. Gag - Tickle the uvula at the back of your partner's mouth with a clean tongue blade.
5. Proprioception - Stand with your arms extended to the sides. (1) With the eyes closed, swing your arms forward and bring all the fingertips together. (2) Now repeat with your eyes opened.
6. "Sobriety" - Stand with your arms lifted to the sides. (1) With the eyes closed, bend your elbows forward and try to touch your nose with your forefingers. (2) Now repeat with your eyes opened.
7. Static equilibrium - Stand on one foot with your arms lifted to the sides. (1) With the eyes closed, record how long you can maintain your balance (up to a minute). (2) Repeat with your eyes opened.

PART II. VISION - Record your own results.

MATERIALS - Snellen & astigmatism eye charts, blind spot card & ruler, and colorblind test book.

8. Visual acuity - Stand 20 feet from the Snellen eye chart. (1) With one eye closed, read the line with the smallest letters you can still see clearly. Record the 20/ measurement for this line, and indicate if you were relying on eyeglasses or contact lenses. (2) Now repeat with your other eye.
9. Astigmatism - Stand 10 feet from the astigmatism chart (or closer in order to see it). (1) With one eye closed, check if the entire chart appears uniformly distinct. Record the number of any lines that appear darker or lighter, which may indicate astigmatism. (2) Repeat with your other eye.
10. Blind spot - (1) With one eye closed, hold the blind spot card 12 inches in front of the open eye (with the dark spot closer to your nose and the black + on the outside). While staring at the dark spot only and without turning your eye, move the card forward or backward until the + is no longer visible. Record this distance between the card and your eye. (2) Now repeat with your other eye.
11. Colorblindness - Scan through the book of colorblind plates together with your partners, and check if everyone recognizes the same pattern or number on each page. Record the number of any plates that you missed, which may indicate colorblindness.