

**NEW!**  
**Sport Science Family STEAM Event Activities**  
**Presented by The Siddiqi Foundation**

Choose an all sport science theme or mix and match with our other Family STEAM event activities! Scholarships are available to bring these NEW activities to your school, please email [outreach@themuseknoxville.org](mailto:outreach@themuseknoxville.org) for more information.

### **How Drugs and Alcohol Affect Your Ability**

Using vision impaired goggles, you can experience the disorienting sensation of drugs and alcohol. With your vision impaired, try your hand at a beginner sports skill.

### **Cardio Comparisons**

Aerobic exercise is movement that gets your blood pumping faster around your whole body. It makes your heart beat faster too. It also makes your lungs take in more oxygen. This causes you to breathe faster during the exercise. Aerobic exercise is important for kids. Test your heart rate and oxygen level before and after exercising.

### **How Quickly Can You React?**

Has anyone ever said, "Think fast!" and then thrown a ball at you? How quickly or slowly you react is called the reaction time. Take the Falling Ruler Test and learn how to get faster.

### **Making Healthy Food Choices**

Food and drinks that are high in added sugars have extra calories and may have few nutrients. Too many sugary foods and sweet drinks can make children feel full and leaves less room for healthy foods. Too much sugar can also lead to cavities if children do not brush their teeth regularly. Test your favorite drinks to uncover hidden sugar!

### **Hands Only CPR**

Practice Hands Only CPR while listening to any number of popular songs including "Rumor Has It" by Adele and "Stayin' Alive" by the Bee Gees. It takes less than a minute to learn how to save a life.

### **What is Peripheral Vision?**

Peripheral vision is important in our everyday lives because it allows us to gather a visual sense of our surroundings—without it, we would see the world through "tunnel vision." Almost everything we do—from riding a bike, to dribbling a basketball, to reading a book—depends on peripheral vision. Test the limits of your peripheral vision now!