

Hand-Eye Dominance

On SCOPE's Science in Sport episode, the kids at Centenary High found out which of their eyes were dominant and if it matched up with their dominant hand. Here's how you can try it at home!



What you need:

Paper
Pen
Your hands
And a Friend!

What to do:

1. Write your name with your right hand; then write your name with your left hand.
2. Compare your hand writing with your friends.
3. Whichever hand was easier and neater to write with is your dominant hand (should be quite obvious!)
4. Now stand opposite your friend.
5. Hold your 2 hands together so there's a gap in between them.
6. Look through the gap and slowly move your hands towards your face.
7. Whichever eye you use to look through the gap as you move your hands towards your face is your dominant eye!
8. Was your dominant eye on the same side as your dominant hand?



What's happening:

So your dominant hand isn't always the same as your dominant eye; and this is because both hemispheres of your brain control different parts of both eyes. Each eye has a field of vision that is divided in half. One hemisphere takes charge of one half of the field of vision, while the other hemisphere controls the other half. This is different to your hands, where the left hemisphere controls your right side and your right hemisphere controls your're left.

