High power control

Pulse width modulation was used to control a relay switch when using high power to prevent damage to the msp430 databoard.

Relays

A relay is a system open and closes a switch based on an input. Since they physically rely on movement, the switching speed is based on the quality of the switch.

Mosfet switching

The mosfet in this case only drives a load when the PWM is high. They also provide a better switching speed than relays.