

STUDENT GUIDE

EXPLAIN 1 LESSON 10



Part 1: Our Motivation

Record what we are now trying to explain about the Module Phenomenon.



Part 2: Developing an Explanation of Sweat and Temperature Changes During Exercise & Recovery

Using the evidence gathered, construct an explanation as to why we get hot and sweaty during exercise. In your explanation, be sure to include the following:

- Use at least two sources of evidence obtained from the data sets and/or the Science Theater models in Module 2.
- Describe how you think exercise changes the body temperature conditions of the body, including temperature change and sweat.
- Describe how a negative feedback mechanism responds to body temperature change and brings body temperature back to a stable state.
- Describe how specialized cells in each organ contribute to the function of the system or organ.





Part 3: Updating the Class Models

We will update the Class Models to help explain the different experiences we have after exercise, including sweat. List 2-3 additions you would make to the class model in the space below. These may be:

- Organs and their function
- Specialized cells and their function
- Signals or molecules and where they move



Part 4: Asking New Questions

Individually brainstorm 5 questions that you still need to ask to gain clarity around the Module Questions, *“Why do we get sweaty and thirsty after exercise? Why does the color of our urine change? How does milk help us recover from these effects?”*

5 Questions: <i>Why do we get sweaty and thirsty after exercise, and why does the color of our urine change?</i>	1. 2. 3. 4. 5.
--	--

Share your list with a partner. Combine both lists and decide on the three best questions that would help you gain the most clarity around the Module Questions. Write them in the space below.

3 Most Important Questions (partner consensus)	1. 2. 3.
---	------------------------

Make a group of four. Share your questions with one another. Choose the best/most significant question to share with the class to gain clarity around the Module Questions.

Best Question (small group consensus)	
--	--