

STUDENT GUIDE

EXPLAIN 2 LESSON 12



Part 1: Our Motivation

Record what we are now trying to explain about the investigative phenomenon for this module.



Part 2: Developing an Explanation of Sweat, Thirst, and Urine Color Change After Exercise

Using the evidence gathered throughout this module, construct an explanation of 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?* In your explanation, be sure to describe:

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



Part 3: Updating the Effects of Exercise and Recovery Models

As a class, we will update the Effects of Exercise Model and the Recovery Models. List 3-4 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

Record any new questions that you have that might help you:

- Find additional information about sweat, thirst, urine, and exercise recovery.
- “Fill in a gap” in your explanation or our class explanation.
- Settle an area of disagreement that we’ve identified in our explanations.