

# STUDENT GUIDE

## ENGAGE LESSON 25



### Part 1: Our Motivation

Record what we were trying to figure out that led to this investigation.



### Part 2: Sharing Our Prior Experiences

Have you ever experienced muscle soreness after exercise? When? What did it feel like? What caused it?



### Part 3: Observing the Module Phenomenon

Record your observations of what you notice in the video.



#### Part 4: Creating and Sharing Initial Explanations

With your group, create an initial explanation to answer our Module Question, *How does milk help in muscle recovery from soreness and weakness induced by intense exercise?* In your explanation, be sure to describe:

- How you think muscles get sore from exercise.
- How you think the body uses a feedback mechanism to recover from muscle soreness.
- How you think milk could help muscles recover from soreness.

Share your explanation with your peers as instructed by your teacher. In the space below, reflect on the explanations of your peers and record what you agree with and what you disagree with.

Agree	Disagree



#### Part 6: Asking New Questions

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

- Find additional information about why our muscles get sore after exercise and how milk can help them recover.
- “Fill in a gap” in your explanation or our class consensus explanation.
- Settle an area of disagreement that we’ve identified in our explanations.