

STUDENT GUIDE

EXPLORE 2 LESSON 27



Part 1: Our Motivation

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



Part 2: Analyzing and Interpreting Data

Choose a data set to analyze to determine how the body responds when muscle cell fibers are damaged as a result of intense exercise. The data set options are:

- Rates of Protein Synthesis
- Response of Satellite Cells
- Inflammation Response

Review the experiments conducted by scientists in the two studies on changes in the body after consuming protein/exercising. Analyze the data sets provided to determine their findings and if the findings are consistent with one another.

Record the findings of your peers when you meet with them or during the whole-class share-out.

Rates of Protein Synthesis	Response of Satellite Cells	Inflammation Response



Part 3: Asking New Questions

What new questions do you have that you think can help us make progress towards answering the Module Question, *How does milk help in muscle recovery from soreness and weakness induced by intense exercise?*

