

STUDENT GUIDE

EXPLAIN LESSON 29



Part 1: Our Motivation

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



Part 2: Developing an Explanation of Recovery from Muscle Soreness

Using all the evidence gathered throughout this module, construct an explanation of the Module Question, *How does milk help in muscle recovery from soreness induced by intense exercise?* In your explanation, be sure to describe:

- The role of muscle cells in muscle movement and what happens to muscles and muscle cells when they get sore from exercise.
- How a feedback response involving organs, specialized cells, and signals helps muscles recover from soreness after exercise.
- How protein in milk can help in the process of recovery from soreness after exercise.
- Cite at least two pieces of evidence from data sets and/or the Science Theater model used in this module.





Part 3: Revising the Effects of Exercise and Recovery Models

We will update the class Effects of Exercise and Recovery Models. 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

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

- Find additional information about why our muscles get sore after exercise and how dairy 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.