

STUDENT GUIDE

ELABORATE LESSON 30



Part 1: Our Motivation

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



Part 2: Observing a New Phenomenon

Review the Lesson 30 Data Set handout. Record what you notice about the changes that occur to muscles in response to the two different exercise protocols (END and RT) in the research study.

Figure	Interpretation of the Data
Figure 1	
Figure 2	

Figure 3	
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Do you think the results of these different experiments are consistent with one another? Why or why not?

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Record the questions we will investigate based on the results you observed.

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Part 3: Obtaining Information from Scientific Texts

Read the *How do Muscles Grow* article. Determine what you think are the three central ideas of the text that will best help us answer our investigation questions. Record a summary of these three ideas in the space below. As you do so, be sure to:

- Summarize the text in more simple but still accurate terms.
- Describe the role of specialized cells in the muscle growth process.

Central Idea	Summary of What the Text Says About This Central Idea



Part 4: Constructing an Explanation

Using the evidence you have obtained, construct an explanation that answers the questions we set out to investigate.