

Human Body: Pushing the Limits – Strength

Watch the video and individually answer the following questions. Make sure that you completely answer the questions to receive full credit.

1. Describe how a man able to survive being picked up and thrown by a tornado.
2. Describe why the hiker able to move a large bolder off his body. How did his brain play apart in the move of the bolder?
3. Describe how our body is adapted to movements as seen by the street gymnasts.
4. Discuss what allows football players to continue playing even after being injured. What price do you pay when you play being injured?
5. What is the difference between the pain recognition and tolerance between men and women?
6. What was the biochemical reaction that occurred to the officer when threatened by a fire? What specifically does this chemical do to the body?
7. How many muscles does it take to walk? _____ drive a car _____ drink coffee? _____
8. Discuss why sleep is so important for learning.
9. Discuss what your body does to allow for long distance swimming and running.
10. On the back of this sheet of paper, write a reflection paragraph (NOT a summary!).