



What's the Story?

Group Guide for Physiologists

Students, throughout this Exploration, your student groups will take on the roles of Physiologists making observations and collecting then analyzing data. You will spend four class periods over the next two weeks on this activity.

A Physiologist is a person who studies the normal functions of living organisms and their parts. In this exploration, you will act as Physiologists focusing on the functions of human *activity*. You will collect and analyze data related to activity levels. While collecting data and making observations, keep in mind the changes that have occurred in physical activity over time using the following questions as a guide.

1. How has the American lifestyle changed over the past years regarding activity?
2. What role has activity played in the obesity epidemic?
3. What has occurred in society to cause changes in physical activity over time?
4. What environmental factors have caused changes in physical activity over time?

Resources

Before conducting any kind of field experiment or survey, researchers first explore what *other* researchers know and have learned. With your group, conduct research using the following resources:

- Animation: [*Portion Distortion Trends*](#)
- Animation: [*Interactive Timeline*](#)
- Animation: [*U.S. Obesity Trends Map*](#)
- Article: [*Community Redesign*](#)
- Article: [*Are America's Youth Moving Less?*](#)
- Article: [*Eating at the Family Table*](#)
- Article: [*Smart Snacks: Vending Machines in Schools*](#)

Summarize Research Findings

Using the *Physiologists' Presentation Template*, complete the first 4 slides, summarizing what you have learned during your research.

Select a Survey to Conduct Field Research

Scientists don't always design *experiments* to find out information. Often times, they can learn a lot about something by simply observing how something *is*. They perform a *survey*, making notes about an environment, or a subject's behavior.

Your group will select one of the following three surveys to do over the coming week.

- *Physiologists' Survey 1 – Social Support from Family and Friends*
- *Physiologists' Survey 2 – Student Activity During Lunch or Recess*
- *Physiologists' Survey 3 – Getting to School*

Summarize Survey Findings and Prepare Presentation

With your group, conduct the Survey analysis activities at the end of the survey. Using the presentation you created in which you summarized the research, complete your presentation. Decide what roles each person in the group will take when making the presentation to the class.