**Lesson Title: Muscle**

**Unit: 5**

TEKS: 130.7(C) 11 (b)(c)

OBJECTIVES

The student will be able to:

1. Define myogenesis
2. Explain different ways myogenesis occurs
3. Define muscle growth
4. Explain different ways muscle growth occurs
5. Compare and contrast myogenesis and muscle growth

TEACHING MATERIALS, TOOLS, AND EQUIPMENT

PPT: Introduction to growth and development

TEACHING PROCEDURE

|  |  |
| --- | --- |
| Interest Approach/Anticipatory Set | Teacher Notes |
| Use this area as an introduction of what will be done to get the students ready to learn.  Consider some of the following: 1. Link – Measure the bicep of a girl and a boy in class2. Motivation – Have students come up with 3 definitive reasons for the difference in muscle sizeTRANSITION –  | Ask questions to students |

|  |  |
| --- | --- |
| Teaching Plan and Strategy / Presentation of New Material | Teacher Notes |
| Objective 1: Define myogenesis* In order to define myogenesis, students will need to gather information from slide 5-13

Objective 2: Explain different ways myogenesis occurs* This is found from slide 5-13

Objective 3: Define muscle growth* In order to define muscle growth, students will need to gather information from slide 15-36

Objective 4: Explain different ways muscle growth occurs* This information is found from slide 15-36

Objective 5: Compare and contrast the differences between myogenesis and muscle growth* Use this as an ending activity. Students will have to use the summation of all the information they have hear to come up with the correct answer. This should be done on their own. Can be used as a pop quiz
 | Power point Lecture; involve students by asking questions |

ENGAGEMENT

Students will use their own notebook paper to write the two different definitions and also their explanations.

EVALUATION

See objective 5

ADDITIONAL MATERIALS

College & Career Readiness Standards: II.C.1; II.E.7 (Write in the number/letters already crosswalked for your unit)

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