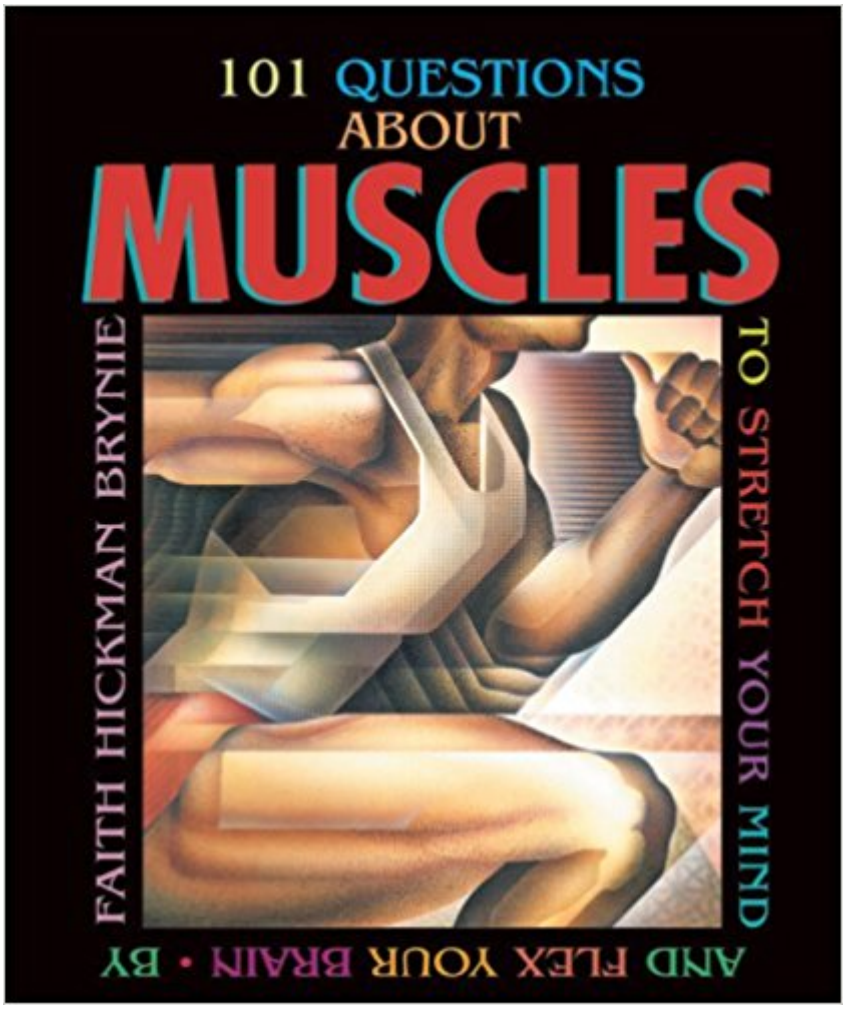
101 Questions About Muscles: To Stretch Your Mind And Flex Your Brain



Synopsis

How much of a person’s body weight is made up of muscle? Can you learn to control your heart rate using your mind? How does taking steroids affect muscles?and why are steroids dangerous? What causes hiccups? The answers to these puzzling questions?and 97 more?are revealed in this thought-provoking book about muscles. From basic information on how muscles work to more complex issues such as how diseases and injuries affect muscles, science expert Faith Hickman Brynie provides authoritative information about the human muscular system.

Book Information

Series: 101 Questions...

Library Binding: 176 pages

Publisher: Twenty-First Century Books (November 1, 2007)

Language: English

ISBN-10: 0822563800

ISBN-13: 978-0822563808

Product Dimensions: 9.1 x 7.8 x 0.7 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #3,728,961 in Books (See Top 100 in Books) #74 inÂ Books > Teens > Personal Health > Fitness & Exercise #160 inÂ Books > Teens > Education & Reference > Science & Technology > Anatomy & Physiology #381 inÂ Books > Children’s Books > Growing Up & Facts of Life > Health > Fitness

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Grade 7 Upâ ”Chock-full of interesting facts, this book answers 101 questions with concise, factual statements that explain the characteristics, functions, and growth of muscles. Small black-and-white photos, charts, and diagrams appear throughout, but there is no full-body diagram. Copious endnotes model responsible research practice. Although divided into chapters, the question-and-answer format does not lend itself to report writing. However, the index helps students find specific information. An interesting book on a topic about which adolescents, especially for aspiring athletes.â ”Robin Henry, Griffin Middle School, Frisco, TX

Historically speaking, we've only been taking a look at muscles and their function for a relatively short period of time. In 1637 Jan Swammerdam began to run a few experiments on muscle volume in frogs and found some very interesting results. It wasn't that people never knew about muscles, but they had some very unusual and preconceived notions about them. In that day and age scientists believed that "active muscles increased in volume because animal spirits flowed into them through the nerves." It seems very archaic and ridiculous to even think people believed that sort of thing given what we know about the human body today.In 101 Questions About Muscles, the author gives us the answers to just about any question a student can think up from "should I take nutritional supplements to build muscle?" to ones such as "how does exercise damage muscle cells?" The answers are very thorough and are based on solid scientific fact. We've come a long way since Swammerdam experimented with frogs! There are also some very interesting facts included. Did you know that eating too much licorice can actually cause muscle weakness? Did you know that our eye muscles move approximately 200,000 times a day? Did you know that we have little muscles called erector pili that contract when we are cold and make the hair rise on our arms and legs in order to insulate us? Muscles can literally be hair raising.This book is an excellent resource on muscles and would do well to make its way into every biology classroom as a reliable resource for research and curiosity's sake. There are black and white line drawings, photographs and charts included. Muscles are a specific topic, but this book is quite readable and very interesting. Did you know that Elvis Presley's "famous lip curl" uses the levator labii superioris alaeque nasi muscle? I sure didn't, but you can see it in his photograph in this book!

Flex & Core Cookbook Coaching The Flex 1-3-3-1-3: Adaptable Tactics for the Modern Game How Muscles Learn: Teaching the Violin with the Body in Mind A Mind at Home with Itself: How Asking Four Questions Can Free Your Mind, Open Your Heart, and Turn Your World Around Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health Brain GamesÂ® #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain Primate Brain Maps: Structure of the Macaque Brain: A Laboratory Guide with Original Brain Sections, Printed Atlas and Electronic Templates for Data and Schematics (including CD-ROM). National Geographic Kids Brain Games: The Mind-Blowing Science of Your Amazing Brain