

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-09-28

Name

Period

Date

Lesson

Lesson focus

Submit motion-data evidence

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Submit the motion-data evidence set and update your tracker. Big idea: Motion-data collection, graphing, and CER writing together constitute the scientific method applied to human physiology, a skill used in kinesiology, physical therapy, and sports medicine.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- fatigue
- EMG
- range of motion
- flexion
- extension
- biomechanics
- kinesiology

My notes, examples, and questions

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Cornell Notes - Continued

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Must-know ideas
What should I understand by the end?

- An evidence packet for a data unit requires: raw data table (with units), labeled graph, and data-supported CER.
- Reflection should connect the observed fatigue pattern to the muscle physiology mechanisms studied Tuesday (ATP depletion, motor unit recruitment).
- Data-analysis skills (graphing, trend identification, evidence-based writing) are assessed in the Evaluate Body Systems emphasis of the WebXam.

My notes, examples, and questions

Process notes
What happens during class?

- 0-8: Intro: evidence-packet checklist for a data unit
- 8-30: Gather and check all three artifacts (units, labels, trial numbers)
- 30-50: Rubric self-check; fix any gaps
- 50-65: Update weekly tracker
- 65-75: Write two-sentence reflection: what the fatigue data revealed
- 75-80: Submit packet

My notes, examples, and questions

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Steps and evidence What do I do and turn in?

- Gather your data table, graph, and fatigue CER.
- Check each against the evidence rubric for units and labels.
- Update the weekly tracker with completed tasks.
- Write a two-sentence reflection on what the data revealed about fatigue.
- Submit the motion-data evidence packet for the weekly summative.

Evidence: Tracker entry - Complete motion-data evidence packet: raw data table, labeled graph, fatigue CER, and two-sentence reflection.

My notes, examples, and questions

Checks for understanding How do I know I got it?

- You can assemble a complete motion-data evidence packet.
- You can reflect on the meaning of your fatigue data.

My notes, examples, and questions

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Cornell Notes - Continued

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Lab or safety notes
What must I handle carefully?

Supplies:

- Physiology sensor or EMG probe
- Data collection device or laptop
- Hand dynamometer or grip device
- Goniometer for joint angles
- Kinesiology tape
- Lab notebook

My notes, examples, and questions

Summary

Today's lesson focused on Submit motion-data evidence. The main target was: Submit the motion-data evidence set and update your tracker. The evidence of learning is Tracker entry: Complete motion-data evidence packet: raw data table, labeled graph, fatigue CER, and two-sentence reflection.. In my own words, the most important idea from today is:

My summary

My final question or connection