

Transcript of 12dec6th

Mariah Lopez

12:59am, Tues, Dec 12, 2017 by Mariah

Why didn't he break a bone

1:03pm, Tues, Dec 12, 2017 by Miguel

How did he not break a bone

1:03pm, Tues, Dec 12, 2017 by Vanessa

How could he not break a bone in the tornado

1:03pm, Tues, Dec 12, 2017 by Miriam

i never knew bone was stronger than concrete, wow !

1:05pm, Tues, Dec 12, 2017 by amayah(:

ML I knew bone was strong but not stronger than concrete

1:05pm, Tues, Dec 12, 2017 by Mariah

Stres

1:05pm, Tues, Dec 12, 2017 by Mariah

almost half of our bone mass is alive

1:06pm, Tues, Dec 12, 2017 by brandy

I knew that bones go through things when stress is applied, but I didn't know it could change patterns due to the amount of stress applied

1:06pm, Tues, Dec 12, 2017 by amayah(:

I didn't know that the spongy bone is what make the bone strong.

1:06pm, Tues, Dec 12, 2017 by Jenna

If you play different sports or anything like that, your bones get stronger/bigger?

1:06pm, Tues, Dec 12, 2017 by Miguel

Stress cause bone formation to change, and it is unique to each individual and their needs. I didn't know bones changed from person to perso

1:07pm, Tues, Dec 12, 2017 by Mariah

So bones get bigger just like muscles or do the muscles look bigger because of the bones 📺

1:07pm, Tues, Dec 12, 2017 by Miriam



1:07pm, Tues, Dec 12, 2017 by amayah(:

Our bones are as unique as our fingerprints!?

1:07pm, Tues, Dec 12, 2017 by Samira

what makes bones flexible and able to withstand stress?

1:08pm, Tues, Dec 12, 2017 by Leeann

How did the bended ribs not break ?

1:08pm, Tues, Dec 12, 2017 by amayah(:

It's crazy how a femur can receive a ton of stress until it snaps

1:08pm, Tues, Dec 12, 2017 by Raena

Yeah I know

1:08pm, Tues, Dec 12, 2017 by Fernie

Does the flexibility in bone differ from person to person?

1:08pm, Tues, Dec 12, 2017 by Alicia

Because his muscles were completely relaxed his bones were able to absorb

1:08pm, Tues, Dec 12, 2017 by CHRIS

Because matts body was relaxed his bones didn't break

1:08pm, Tues, Dec 12, 2017 by Samira

So if a persons body was relaxed ,could it be more possible to survive accidents and say plane crashes?

1:09pm, Tues, Dec 12, 2017 by Julio

How come his bones didn't break when he fell from the sky, but if someone falls down at a small distance they might break a bone?

1:09pm, Tues, Dec 12, 2017 by Mariah

Are your muscles being tense the reason you break bones?

1:09pm, Tues, Dec 12, 2017 by Jenna

The fact that he only survived due to him being unconscious is amazing

1:09pm, Tues, Dec 12, 2017 by Romero

So adrenaline makes you stronger?

1:09pm, Tues, Dec 12, 2017 by Mariah

So if he wouldn't have been relaxed throughout

1:09pm, Tues, Dec 12, 2017 by Vanessa

does the adrenaline help to build the strength during a time of crisis?


1:10pm, Tues, Dec 12, 2017 by amayah(:

so if he wouldn't have been relaxed during the fall, would he have broken bones then?

1:10pm, Tues, Dec 12, 2017 by Vanessa

Crazy how there's a difference between being conscious and unconscious when falling

1:10pm, Tues, Dec 12, 2017 by AdriannaM

I think adrenaline is like a huge shot of espresso to your body  

1:11pm, Tues, Dec 12, 2017 by Miriam

Strong fella

1:11pm, Tues, Dec 12, 2017 by Miguel

muscle tissue contracts , working as a lever when your muscles go into overdrive

1:12pm, Tues, Dec 12, 2017 by brandy

definitely vaness

1:12pm, Tues, Dec 12, 2017 by ms.g

adrenaline triggers the release of resources within the body

1:13pm, Tues, Dec 12, 2017 by ms.g

How do the muscle fibers control our movement ?.....

1:13pm, Tues, Dec 12, 2017 by AdrianaR(:

People generally only use a third of our muscles power at a time, even when we feel like we've used all

1:13pm, Tues, Dec 12, 2017 by CHRIS

Could we ever exceed using a third of our muscles without being in a crisis?

1:14pm, Tues, Dec 12, 2017 by Raena

the energy released was so powerful his muscles could've ripped off his bones, wow

1:14pm, Tues, Dec 12, 2017 by amayah(:

If you use all the fibers in your muscle you can rip a muscle off a bone?

1:14pm, Tues, Dec 12, 2017 by Miguel

His brain activated all the fibers in muscles in his body that is why he was able to move that giant rock off of his body

1:14pm, Tues, Dec 12, 2017 by Samira

Sinjins body had to react fast so that he would survive. And this triggered his muscles to use all of its strength to move the rock

1:14pm, Tues, Dec 12, 2017 by Romero

running puts a strain on our legs 3x our body weight

1:17pm, Tues, Dec 12, 2017 by brandy

So knees are shock absorbers

1:17pm, Tues, Dec 12, 2017 by Miriam

our ligaments are as tough as nylon rope.

1:17pm, Tues, Dec 12, 2017 by Leeann

How is that your muscles can help you take shock but when you are tense it makes your bones break?

1:17pm, Tues, Dec 12, 2017 by Jenna

I honestly didn't think cartilage did as much as to absorb energy like that

1:17pm, Tues, Dec 12, 2017 by amayah(:

Knee cartilage can bear 7 tons before giving away

1:18pm, Tues, Dec 12, 2017 by CHRIS

Our knees are even more complex than any kind of mechanism created

1:18pm, Tues, Dec 12, 2017 by Romero

I didn't know that the knee can hold that much weight!

1:18pm, Tues, Dec 12, 2017 by Jenna

The cartilage in our joints act like shock absorbers because of the way it is built

1:18pm, Tues, Dec 12, 2017 by Samira

How come cartilage can bear so much weight

1:18pm, Tues, Dec 12, 2017 by Miguel

so, since the knee can put that much weight on, would it be harder to tear a muscle in that area or really having a big injury?

1:18pm, Tues, Dec 12, 2017 by amayah(:

its crazy to think that the knee ligaments can take a huge amount of strain before tearing but it's one of the most common knee injuries

1:19pm, Tues, Dec 12, 2017 by Raena

When our body ignores damage is that bad?

1:19pm, Tues, Dec 12, 2017 by Miguel

If his arm is separated how can it still function?

1:21pm, Tues, Dec 12, 2017 by Miriam

How could his body just silence those pain receptors to the point where he just doesn't really feel the pain he should've

1:21pm, Tues, Dec 12, 2017 by amayah(:

Why did they even let him still play ? He could've caused further injuries

1:21pm, Tues, Dec 12, 2017 by amayah(:

ML how does someone ignore a pain like that? I don't think he helped myself by continuing to play. I feel like what would cause more damage

1:22pm, Tues, Dec 12, 2017 by Mariah

So our ligaments can over stretch and still eventually go somewhat back to normal

1:22pm, Tues, Dec 12, 2017 by Miriam

I learned that a main part of our bodies getting affected by pain or not being affected is all due to what our brain is able to handle.

1:23pm, Tues, Dec 12, 2017 by Romero

Women have a higher pain tolerance than men

1:23pm, Tues, Dec 12, 2017 by Samira

ML So women are stronger than men 🥴💪

1:24pm, Tues, Dec 12, 2017 by Mariah

Woman have a higher pain tolerance but why do we feel pain sooner

1:24pm, Tues, Dec 12, 2017 by Miriam

In dangerous situations, we push our bodies to the limit.

1:24pm, Tues, Dec 12, 2017 by Leeann

When a person pushes there body to its limits is it adrenaline as well ?

1:25pm, Tues, Dec 12, 2017 by Alicia

standing on our toes is like bearing the weight of 3 elephants stacked on top of each other

1:25pm, Tues, Dec 12, 2017 by brandy

How did he not die?

1:26pm, Tues, Dec 12, 2017 by Jenna

ML can adrenaline occur even if you're not in a dangerous situation or does it only occur if you facing life or death?

1:26pm, Tues, Dec 12, 2017 by Mariah

Could we trigger such sort of strength even when we don't have a lot of adrenaline?

1:26pm, Tues, Dec 12, 2017 by amayah(:

Is too much adrenaline a bad thing?

1:27pm, Tues, Dec 12, 2017 by Alicia

Adrenaline minimizes all sense so you can be more focused

1:27pm, Tues, Dec 12, 2017 by Fernie

ML is adrenaline and shock the same thing or do they differ?

1:27pm, Tues, Dec 12, 2017 by Mariah

That crazy that adrenaline makes us kind of like superheroes

1:27pm, Tues, Dec 12, 2017 by Jenna

If adrenaline makes you focus and senses heightened why don't we "feel" more focused when we have it

1:28pm, Tues, Dec 12, 2017 by Miriam

atp fuels our muscles and is made by breaking down glucose

1:28pm, Tues, Dec 12, 2017 by brandy

Dans brain produced adrenaline so he was able to run really fast and because of the stored energy in his muscles it helped him get out

1:29pm, Tues, Dec 12, 2017 by Samira

It's awesome that our body can produce atp, glucose, adrenaline, etc. in a matter of seconds to survive

1:29pm, Tues, Dec 12, 2017 by Raena

Is this hidden energy associated with fight or flight responses?

1:29pm, Tues, Dec 12, 2017 by Julio

If we can push our brain to incredible strength the.can we access this when we want?

1:29pm, Tues, Dec 12, 2017 by Romero

Can you run out of adrenaline when facing a dangerous situation

1:30pm, Tues, Dec 12, 2017 by Mariah

Does that sort of energy burst cause more harm to the body, since you use up such a large amount of energy at the same time?

1:30pm, Tues, Dec 12, 2017 by amayah(:

What happens when there's too much adrenaline

1:30pm, Tues, Dec 12, 2017 by Miriam

Is it possible to have too much adrenaline

1:30pm, Tues, Dec 12, 2017 by Miguel

Walking makes your body coordinate 200 muscles

1:31pm, Tues, Dec 12, 2017 by amayah(:

if we can push our brains to access incredible strength, then are we able to do this on demand or just in emergencies?

1:31pm, Tues, Dec 12, 2017 by Romero

70 muscles just to lift a cup of coffee

1:31pm, Tues, Dec 12, 2017 by CHRIS

I didn't know that simple daily activities took so many muscles

1:31pm, Tues, Dec 12, 2017 by Raena

ML I didn't know we use so many muscles while doing a simple task

1:31pm, Tues, Dec 12, 2017 by Mariah

its takes 100 muscles to steer a car and 70 muscles to lift a cup of coffee

1:32pm, Tues, Dec 12, 2017 by brandy

So the hand has more muscles than bones

1:32pm, Tues, Dec 12, 2017 by Miriam

70 muscles to lift a cup

1:32pm, Tues, Dec 12, 2017 by Jenna

the body's biggest muscles (the legs)take orders from about 500 nerves

1:32pm, Tues, Dec 12, 2017 by Samira

Why couldn't we release this amount of energy at will, instead of during a time of crisis?

1:33pm, Tues, Dec 12, 2017 by amayah(:

How long does it take muscles to recover from a hard workout?

1:34pm, Tues, Dec 12, 2017 by Alicia

It's cool that we can learn while sleeping

1:34pm, Tues, Dec 12, 2017 by Raena

I didn't know you learn things while you sleep, or even dream

1:34pm, Tues, Dec 12, 2017 by amayah(:

You learn about your body when you sleep

1:34pm, Tues, Dec 12, 2017 by Jenna

In many ways fat was a way to store energy

1:35pm, Tues, Dec 12, 2017 by Samira

Swimmers use their energy from fat.

1:36pm, Tues, Dec 12, 2017 by Leeann

Paul gains 16 pounds of fat to help him get more energy for the swim

1:36pm, Tues, Dec 12, 2017 by CHRIS

I'd be a good swimmer

1:36pm, Tues, Dec 12, 2017 by Miguel

So fat cells don't get destroyed on their own ?

1:37pm, Tues, Dec 12, 2017 by amayah(:

The body feeds of your own fat when you need more "fuel"

1:38pm, Tues, Dec 12, 2017 by Samira

So if you stop eating things that have glucose you will lose fat

1:38pm, Tues, Dec 12, 2017 by Jenna

So the gap can make your body shut down

1:38pm, Tues, Dec 12, 2017 by Miriam

Is straining your lung bad

1:39pm, Tues, Dec 12, 2017 by Miguel

If you have gone keto, then will fat cells be destroyed faster than carbs?

1:39pm, Tues, Dec 12, 2017 by Alicia

I didn't know someone's trained could pump that much more blood

1:40pm, Tues, Dec 12, 2017 by amayah(:

***i didn't know that someone who's trained**

1:40pm, Tues, Dec 12, 2017 by amayah(:

He's pumping a lot of blood

1:40pm, Tues, Dec 12, 2017 by Miguel

16 hours ? That's a long time

1:41pm, Tues, Dec 12, 2017 by amayah(:

Blood helps us push our selves.

1:41pm, Tues, Dec 12, 2017 by Jenna

Good film

1:41pm, Tues, Dec 12, 2017 by Miguel

Do you think he got hungry

1:41pm, Tues, Dec 12, 2017 by amayah(: