

MUSCLES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What springs to mind when you hear the word 'muscles'?
- 2) Are you happy with your muscles?
- 3) Have you ever trained to increase the size of your muscles?
- 4) Are muscular men/women more attractive than normal men/women?
- 5) What do you think of bodybuilding?
- 6) How would your life be different if you had a very muscular physique?
- 7) Would you rather be very muscley but have little stamina, or be very lean with lots of stamina?
- 8) Have you ever worried about the size of your muscles?
- 9) When was the last time you had muscle pain?
- 10) What muscle(s) would you really like to work on?

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STUDENT B's QUESTIONS (Do not show these to student A)

- 1) What do you know about muscles?
- 2) What's the best way to get big muscles?
- 3) What would life be like if your muscles started wasting away?
- 4) Why do people think muscles are so attractive?
- 5) What general, everyday exercises are good for building up your muscles?
- 6) What can you eat to help make your muscles bigger?
- 7) What happens to muscles when you stop working out and start getting old(ish)?
- 8) Male models are usually muscular, whereas female models are usually thin and not that muscular. Why is this?
- 9) Have you torn or damaged a muscle?
- 10) How often do you get muscle cramp?

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