

# Problem-based Learning

## Unit 3 Maxed Out Muscles!

You can use the following websites to learn more about muscle soreness during aerobic exercise.

[American Physiological Society](#)

<http://advan.physiology.org/content/33/4/302.abstract>

[American Physiological Society](#)

<http://physiologyonline.physiology.org/content/17/1/17.full>

[American Running Association](#)

<http://www.americanrunning.org/w/article/understanding-lactic-acid>

[Journal of Physiology](#)

<http://jp.physoc.org/content/586/17/4039.abstract>

[Mayo Clinic](#)

<http://www.mayoclinic.com/health/fitness/HQ00171>

[Mayo Clinic](#)

<http://www.mayoclinic.com/health/fitness/MY00396>

[MedicineNet](#)

<http://www.medicinenet.com/script/main/art.asp?articlekey=78966>

[NIH](#)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3337802/>

[NIH](#)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3345575/>

[NIH](#)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3355468/>

[NIH](#)

<http://www.ncbi.nlm.nih.gov/pubmed/16573355>

[NIH](#)

<http://www.nlm.nih.gov/medlineplus/ency/article/003507.htm>

[Scientific American](#)

<http://www.scientificamerican.com/article.cfm?id=why-does-lactic-acid-buil>

[WebMD](#)

<http://www.webmd.com/fitness-exercise/guide/exercise-and-lactic-acidosis>