

Everyday Physical Science Answers File PDF

everyday physical science answers are the key to understanding the world around us. From why the sky is blue to how our engines work, physical science provides explanations for many phenomena we encounter daily. Whether you're a curious student, a lifelong learner, or simply someone who enjoys understanding the mechanics of everyday life, exploring these answers can deepen your appreciation for the natural laws that govern our universe. This article aims to shed light on some common questions and concepts related to physical science, making complex ideas accessible and engaging.

Understanding the Basics of Physical Science

Physical science is a branch of natural science that studies non-living systems, encompassing physics and chemistry. It seeks to explain how matter and energy behave, interact, and influence the world around us. Gaining a grasp of these foundational ideas helps us interpret everyday phenomena with clarity.

What is Matter?

Matter is anything that has mass and occupies space. All physical objects, from the air we breathe to the chairs we sit on, are composed of matter. Matter exists in different states:

- **Solid:** Definite shape and volume (e.g., ice, rocks)
- **Liquid:** Definite volume but takes shape of container (e.g., water, oil)
- **Gas:** No definite shape or volume (e.g., air, helium)

Energy and Its Forms

Energy is the capacity to do work or cause change. It manifests in various forms:

- Thermal energy (heat)
- Mechanical energy (movement and position)
- Electrical energy
- Light energy
- Chemical energy

Understanding how energy transforms from one form to another is central to explaining countless

everyday phenomena.

Common Questions About Everyday Physical Science

Many of the questions we ask daily relate to fundamental principles in physics and chemistry. Here are some of the most common inquiries and their explanations.

Why is the Sky Blue?

The blue appearance of the sky is due to a phenomenon called Rayleigh scattering. When sunlight enters Earth's atmosphere, it encounters molecules of nitrogen and oxygen. Shorter wavelengths of light, like blue and violet, scatter more efficiently than longer wavelengths such as red and yellow. Since our eyes are more sensitive to blue light and some violet is absorbed or scattered out of sight, the sky appears predominantly blue during the day.

How Do Airplanes Stay in the Air?

Airplanes fly because of the principles of aerodynamics, primarily lift, which is generated by the wings. The shape of an airplane wing (airfoil) causes air to move faster over the top than underneath. According to Bernoulli's principle, faster-moving air exerts less pressure, creating higher pressure beneath the wing and producing lift. This lift counteracts gravity, allowing the airplane to stay airborne.

Why Do Objects Fall to the Ground?

Objects fall because of gravity, a fundamental force of attraction between masses. Sir Isaac Newton described gravity as an attractive force that pulls objects toward Earth's center. The acceleration due to gravity near Earth's surface is approximately 9.8 meters per second squared. This explains why everything, regardless of weight, accelerates at the same rate when dropped, ignoring air resistance.

What Causes Sound?

Sound is caused by vibrations that travel through a medium such as air, water, or solids. When an object vibrates, it creates pressure waves in the surrounding particles. These waves travel and reach our ears, where they are interpreted as sound. The pitch and volume depend on the frequency and amplitude of these vibrations.

Exploring Everyday Physical Science Concepts

Understanding key concepts can help answer many of the questions that arise in daily life.

Force and Motion

The relationship between force, mass, and acceleration is described by Newton's Second Law: $(F = ma)$. This means that the force applied to an object causes it to accelerate proportionally to its mass. Pushing a shopping cart harder makes it move faster, illustrating this principle.

Friction and Its Effects

Friction is the force resisting relative motion between surfaces. It is essential for activities like walking or driving because it provides grip. However, it also causes wear and energy loss in machines. Reducing friction with lubricants or smooth surfaces can improve efficiency.

States of Matter and Phase Changes

The transformation of matter between solid, liquid, and gas involves energy exchange:

- **Melting:** Solid to liquid, requires heat
- **Vaporization:** Liquid to gas, requires heat
- **Condensation:** Gas to liquid, releases heat
- **Freezing:** Liquid to solid, releases heat

These processes are common in cooking, weather, and industrial applications.

Practical Examples of Physical Science in Everyday Life

Applying physical science concepts helps us make better decisions and appreciate technology.

Cooking and Heat Transfer

Cooking involves heat transfer mechanisms:

- **Conduction:** Direct transfer through contact (e.g., pan on stove)
- **Convection:** Transfer via fluid movement (e.g., boiling water)
- **Radiation:** Transfer through electromagnetic waves (e.g., microwave oven)

Electricity in Our Homes

Electrical energy powers lights, appliances, and gadgets. Understanding how circuits work ? with components like batteries, wires, and resistors ? helps troubleshoot problems and improve

efficiency.

Magnets and Their Uses

Magnets attract ferromagnetic materials like iron. They are used in motors, generators, and data storage devices, illustrating electromagnetic principles fundamental to modern technology.

How to Find Reliable Answers to Scientific Questions

When curiosity strikes, it's important to seek accurate and trustworthy information. Here are some tips:

- Consult reputable science websites and educational resources.
- Read books or articles written by experts in physics or chemistry.
- Watch educational videos or documentaries for visual explanations.
- Ask teachers, professors, or science professionals for clarification.

Remember, scientific understanding evolves with new discoveries, so staying updated helps refine your knowledge.

Conclusion: Embracing Everyday Physical Science

Everyday physical science answers provide insight into the natural phenomena that surround us, from the simplest actions like walking or cooking to complex systems like aircraft flight or electronic devices. By exploring these questions and concepts, we not only satisfy our curiosity but also develop a greater appreciation for the scientific principles that underpin our daily lives. Whether you're experimenting at home or simply observing the world, understanding physical science enhances your ability to interpret, innovate, and enjoy the marvels of the universe.

Embrace your curiosity and continue exploring the fascinating world of physical science?there's always more to discover!

Everyday physical science answers serve as an essential bridge between complex scientific principles and their practical applications in our daily lives. Whether you're a student grappling with homework, a curious individual seeking to understand how things work, or an educator looking for clear explanations, mastering these answers can significantly enhance your comprehension of the physical world around you. In this comprehensive review, we'll explore the importance, structure, and features of everyday physical science answers, breaking down common topics, their explanations, and practical considerations.

Understanding the Role of Everyday Physical Science Answers

Physical science encompasses disciplines such as physics and chemistry that study matter, energy, motion, and forces. When these foundational concepts are applied to everyday phenomena—like why objects fall, how engines work, or what causes weather patterns—they become more accessible and meaningful. Providing clear, accurate, and practical answers to common questions helps demystify science and fosters curiosity.

Key features of effective everyday physical science answers:

- Clarity and simplicity without sacrificing accuracy
- Connection to real-world examples
- Visual aids or diagrams where applicable
- Addressing common misconceptions

Common Topics Covered in Everyday Physical Science Answers

The following sections break down prevalent questions and topics, along with detailed explanations and insights into their relevance.

1. Gravity and Free Fall

Understanding gravity is fundamental to explaining why objects fall and how planetary bodies interact.

Typical questions:

- Why do objects fall to the ground?
- How does gravity affect planets?

Key explanations:

Gravity is a force of attraction between masses. On Earth, gravity pulls objects toward the center, resulting in what we perceive as falling. The acceleration due to gravity is approximately 9.8 m/s^2 , meaning objects speed up as they fall, ignoring air resistance.

Features:

- Explains how gravity varies with distance and mass
- Provides real-world examples like dropping a ball or astronauts in space

Pros:

- Clarifies why heavier objects don't fall faster in a vacuum
- Connects to planetary science and orbit mechanics

Cons:

- Oversimplifies complex gravitational interactions in advanced contexts

2. Laws of Motion

Newton's laws underpin much of everyday physics.

Typical questions:

- Why does a moving car stop when brakes are applied?
- How does pushing an object make it move?

Key explanations:

- First Law: An object stays at rest or moves at constant velocity unless acted upon by an external force.
- Second Law: Force equals mass times acceleration ($F = ma$).
- Third Law: For every action, there's an equal and opposite reaction.

Features:

- Step-by-step examples like pushing a shopping cart
- Visual diagrams illustrating forces and motion

Pros:

- Explains everyday experiences with vehicles, sports, and machinery
- Helps understand safety devices like airbags and seat belts

Cons:

- May require further clarification for non-physics audiences

3. Energy and Conservation of Energy

Energy concepts are vital in understanding machines, natural phenomena, and household devices.

Typical questions:

- How does a roller coaster have energy at the top?
- Why do batteries lose charge?

Key explanations:

Energy cannot be created or destroyed; it transforms from one form to another. Potential energy converts to kinetic energy during descent, illustrating conservation of energy.

Features:

- Uses roller coaster diagrams to explain energy transformation
- Discusses different energy forms: kinetic, potential, thermal, chemical

Pros:

- Provides insight into energy efficiency and sustainability
- Offers practical applications in designing energy-saving devices

Cons:

- Conservation principles may seem abstract without physical demonstrations

4. States of Matter

Understanding solids, liquids, gases, and plasma helps explain everyday materials and phenomena.

Typical questions:

- Why does ice melt?
- How do gases expand?

Key explanations:

States of matter depend on particle arrangement and energy. Melting occurs when particles gain enough energy to break free from their fixed positions.

Features:

- Visual comparisons of particle arrangements
- Real-world examples like boiling water, weather changes

Pros:

- Explains phase changes and material properties
- Connects to cooking, weather, and industrial processes

Cons:

- Simplifies complex phase transition details

5. Electricity and Magnetism

These topics form the backbone of modern technology, from household wiring to electronic devices.

Typical questions:

- How does a battery power a flashlight?
- Why do magnets attract certain metals?

Key explanations:

Electricity involves the flow of electrons through conductors, creating current. Magnetism results from magnetic fields generated by moving charges or magnetic materials.

Features:

- Diagrams showing circuits and magnetic field lines
- Explains concepts like voltage, current, and resistance

Pros:

- Clarifies how everyday gadgets work
- Supports understanding of safety and energy consumption

Cons:

- Can be complex without hands-on experiments

Features and Benefits of Well-Structured Answers

Effective everyday physical science answers share several important features:

- Conciseness with Depth: Striking a balance between simplicity and comprehensive detail.
- Use of Analogies: Relating complex concepts to familiar experiences (e.g., comparing electrical circuits to water flow).
- Visual Aids: Diagrams, charts, and illustrations enhance understanding.
- Practical Examples: Connecting science to daily life increases engagement.
- Addressing Misconceptions: Clarifying common errors ensures accurate comprehension.

Benefits include:

- Increased curiosity and motivation to learn
- Better problem-solving skills
- Enhanced ability to explain concepts to others
- Practical knowledge applicable in everyday decisions

Challenges and Limitations

While everyday physical science answers are invaluable, they also face certain challenges:

- Oversimplification: To make concepts accessible, some nuances are sometimes omitted, leading to incomplete understanding.
- Misinterpretation: Simplified explanations may be misunderstood if not carefully framed.
- Context Limitations: Some phenomena require advanced mathematics or detailed physics that go beyond basic answers.
- Visual Dependency: Lack of visual aids can hinder comprehension, especially for spatial or dynamic concepts.

Improving the Quality of Everyday Physical Science Answers

To maximize their usefulness, answers should:

- Be tailored to the audience's knowledge level
- Incorporate multimedia resources where possible
- Encourage questions and further exploration
- Provide references or links for deeper study
- Use real-world analogies that resonate with daily experiences

Conclusion

Everyday physical science answers serve as vital tools in demystifying the natural world, making complex principles accessible and applicable. Their strength lies in clarity, relevance, and engagement, fostering curiosity and understanding across diverse audiences. By focusing on well-structured explanations, visual aids, and practical examples, these answers empower individuals to see the science in everyday life, encouraging continuous learning and discovery. Whether you're exploring why objects fall, how energy transforms, or how magnets work, high-quality, answer-oriented explanations open the door to a deeper appreciation of the physical universe.

Question What is the basic principle behind Newton's First Law of Motion? Newton's First Law states that an object at rest stays at rest, and an object in motion stays in motion at a constant velocity unless acted upon by an external force. How does friction affect everyday objects and activities? Friction opposes the motion of objects, enabling activities like walking and driving but also causing wear and energy loss. Reducing friction can improve efficiency, while increasing it can provide better grip. Why does metal feel colder than wood at the same temperature? Metal conducts heat away from your skin more quickly than wood, making it feel colder even though both are at the same temperature. What causes a rainbow to form after a rain shower? A rainbow forms when

sunlight is refracted, dispersed, and reflected inside water droplets in the atmosphere, splitting the light into its constituent colors. How does a microwave oven heat food so quickly? Microwave ovens use microwave radiation to excite water molecules in food, causing them to vibrate and generate heat rapidly throughout the food. What is the principle behind a lever's ability to lift heavy objects? A lever amplifies input force by rotating around a fulcrum, allowing a small effort to move a larger load, based on the principle of mechanical advantage.

Related keywords: physics questions, chemistry explanations, science homework help, basic science concepts, everyday science facts, physics answers, chemistry solutions, science problem solving, science education resources, simple science explanations

Physical Science Creative Teaching Press Physical Changes

Physical science creative teaching press physical changes is a vital topic in the realm of science education, especially for educators aiming to foster understanding and curiosity about the fundamental nature of matter. Understanding physical changes is essential for students to grasp how substances transform without altering their chemical composition. This article explores the concept of physical changes in physical science, emphasizing creative teaching methods, key principles, real-world examples, and effective strategies to make learning engaging and comprehensive.

Understanding Physical Changes in Physical Science

What Are Physical Changes?

Physical changes refer to alterations in the form, appearance, or state of a substance that do not modify its chemical identity. These changes are often reversible, meaning the original substance can typically be recovered without chemical reactions taking place.

Examples of physical changes include:

- Melting ice into water
- Boiling water into vapor
- Cutting paper
- Dissolving sugar in tea
- Crushing a can

Key characteristics of physical changes:

- No new substances formed
- Usually reversible
- Involve changes in physical properties like shape, size, or phase

Difference Between Physical and Chemical Changes

While physical changes involve no change in chemical composition, chemical changes result in the formation of new substances with different properties.

Aspect	Physical Change	Chemical Change
Definition	Change in physical form or state	Formation of new substances
Reversibility	Usually reversible	Usually irreversible
Example	Melting ice	Burning wood

Creative Teaching Strategies for Physical Changes

Engaging students in understanding physical changes requires innovative and creative teaching methods. Here are some effective strategies:

Hands-On Experiments and Demonstrations

Practical activities help students visualize and understand physical changes concretely.

Examples include:

- Melting ice cubes and observing the change
- Evaporating saltwater
- Crumpling aluminum foil
- Freezing water to form ice
- Dissolving sugar and salt

Tips for effective experiments:

- Use clear, simple materials
- Encourage students to record observations
- Discuss reversible vs. irreversible changes

Interactive Visual Aids and Simulations

Utilize multimedia tools like animations and virtual labs to demonstrate physical changes that are difficult to observe directly.

Benefits include:

- Enhancing visualization skills
- Providing safe environments for experimentation
- Catering to diverse learning styles

Storytelling and Real-Life Contexts

Integrate stories or real-world examples to make the concept relatable.

Examples:

- How ice melts outside on a sunny day
- How a puddle evaporates after rain
- The process of freezing water into ice cubes at home

Creative Classroom Activities

Engage students through activities that promote exploration and discussion.

Ideas include:

- "Change Detective" game where students identify physical changes around them
- Group projects on different physical changes observed in nature
- Art projects like sculpting or paper folding to demonstrate physical transformations

Key Concepts and Principles of Physical Changes

States of Matter and Phase Changes

Understanding how matter transitions between solid, liquid, and gas states is central to physical science.

Common phase changes:

- Melting (solid to liquid)
- Freezing (liquid to solid)
- Vaporization or boiling (liquid to gas)
- Condensation (gas to liquid)
- Sublimation (solid to gas)

Teaching tip: Use diagrams and models to illustrate these transitions dynamically.

Properties of Materials During Physical Changes

Monitor how physical properties such as shape, volume, density, and color change during physical transformations.

Examples:

- Volume expansion of metal when heated
- Changes in shape during molding or crushing
- Color changes due to temperature effects

Reversibility and Conservation of Mass

Most physical changes are reversible and adhere to the law of conservation of mass, meaning the total mass remains constant during the change.

Discussion points:

- How physical changes do not alter the chemical identity
- Examples demonstrating conservation of mass in physical changes

Real-World Applications of Physical Changes

Understanding physical changes has numerous applications across industries and daily life.

In Manufacturing and Industry

- Metal forging and shaping
- Plastic molding
- Food processing (freezing, boiling, drying)

In Nature and Environment

- Water cycle processes like evaporation and condensation
- Glacial melting
- Weathering of rocks

In Daily Life

- Cooking (boiling, freezing)
- Cleaning (dissolving detergents)
- Recycling materials like aluminum cans

Assessment and Evaluation Strategies

To gauge understanding, educators can implement various assessment tools:

- Quizzes and Worksheets: Focused on identifying physical changes
- Observation and Lab Reports: Documenting experiments
- Group Discussions: Explaining processes and concepts
- Creative Projects: Designing models or presentations illustrating physical changes

Challenges and Solutions in Teaching Physical Changes

Common challenges include:

- Abstract concepts difficult for students to grasp
- Confusing physical changes with chemical changes
- Limited access to laboratory resources

Solutions:

- Use visual aids and models extensively
- Reinforce concepts with real-life examples
- Incorporate virtual labs and simulations
- Encourage critical thinking and questioning

Conclusion

Teaching physical science with a focus on physical changes demands creativity, engagement, and clarity. By employing hands-on experiments, visual tools, storytelling, and real-world contexts, educators can foster a deep understanding of physical changes among students. Recognizing the importance of these concepts not only enhances scientific literacy but also prepares learners to appreciate the dynamic nature of matter in everyday life and various industries. As educators continue to innovate in their teaching approaches, the topic of physical changes remains a fundamental and exciting area of physical science education.

Keywords for SEO Optimization:

- Physical science
- Creative teaching methods
- Physical changes
- Science education
- Phase changes
- Reversible changes
- Hands-on science experiments
- Teaching physical science effectively
- Real-world science applications

Physical Science Creative Teaching Press Physical Changes: A Comprehensive Guide to Engaging Science Education

In the realm of physical science education, understanding the concept of physical changes is fundamental. When educators utilize resources from the Creative Teaching Press, particularly their materials on physical science, they open doors to innovative, hands-on learning experiences. This guide delves into the essence of physical changes, exploring how teachers can effectively introduce, demonstrate, and assess this critical scientific concept using creative teaching strategies and resources.

Understanding Physical Changes in Science

Physical changes refer to alterations in the state or appearance of a substance without changing its

chemical composition. These changes are often reversible and are fundamental to students' grasp of material properties, states of matter, and the nature of physical phenomena.

Key Characteristics of Physical Changes:

- No new substance forms
- Usually reversible
- Changes involve physical properties like shape, size, phase, or texture
- Do not affect the chemical identity of the substance

Examples include melting, freezing, boiling, condensation, breaking, and dissolving.

Why Focus on Physical Changes?

Teaching about physical changes lays the groundwork for understanding more complex topics like chemical reactions and molecular structure. It also encourages observational skills, critical thinking, and science process skills such as hypothesizing, experimenting, and analyzing.

Using creative teaching methods, including hands-on activities, visual aids, and real-world applications, enhances student engagement and comprehension.

Effective Strategies for Teaching Physical Changes

- Hands-On Experiments and Demonstrations

Experiments are the cornerstone of science teaching. Engaging students with tangible experiences helps solidify abstract concepts.

Sample Activities:

- Melting Ice: Show how ice melts into water when heated, emphasizing phase change from solid to liquid.
- Dissolving Salt or Sugar: Demonstrate solubility and how substances can undergo physical changes without chemical reactions.
- Crushing or Breaking: Break chalk or plastic to illustrate physical alteration, emphasizing that the material remains the same.

Tips:

- Use clear, simple materials.
- Encourage students to record observations and hypothesize outcomes.
- Discuss reversibility after each activity.

- Visual Aids and Graphic Organizers

Visual tools help students visualize the concept and organize their understanding.

Examples:

- Charts comparing physical and chemical changes
- Diagrams illustrating phase changes
- Flowcharts depicting the steps in various physical processes

- Incorporate Creative Media and Resources

Creative Teaching Press offers a suite of resources, including posters, activity books, and digital content, designed to make learning about physical changes interactive and memorable.

Utilize:

- Illustrated posters showing different physical changes
- Interactive worksheets that challenge students to classify changes
- Story-based scenarios that involve physical change concepts

- Real-Life Applications and Contextual Learning

Connecting science to students' everyday experiences makes lessons relevant and meaningful.

Examples:

- Melting ice in a beverage
- Freezing water to make ice cubes
- Dissolving sugar in coffee or tea
- Physical alterations in manufacturing or cooking

Classroom Activities and Lesson Plans

Here's a sample outline for a comprehensive lesson:

Lesson Title: Exploring Physical Changes

Objectives:

- Define physical change
- Identify different types of physical changes
- Conduct simple experiments to observe physical changes

Materials Needed:

- Ice cubes
- Water
- Salt
- Sugar
- Plastic or glass containers
- Crayons or chalk
- Safety goggles

Procedure:

- Introduction (10 minutes): Discuss what physical changes are, using visuals.
- Demonstration (15 minutes): Melting ice and dissolving salt/sugar.
- Student Activity (30 minutes): Students perform experiments:
 - Observe ice melting
 - Dissolve sugar in water
 - Break chalk into pieces
 - Freeze water and observe ice formation
- Discussion (15 minutes): Students share observations, compare results, and classify each change.
- Assessment (10 minutes): Quiz or worksheet to reinforce understanding.

Assessment Tips:

- Use questioning strategies to assess understanding.
- Have students draw diagrams of their experiments and label physical changes.

Assessing Understanding of Physical Changes

Assessment should gauge both conceptual understanding and practical skills.

Methods:

- Observation during activities
- Student reflections and explanations
- Quizzes with multiple-choice and short-answer questions
- Concept maps illustrating types of changes

Common Misconceptions and How to Address Them

- Misconception: Physical changes always involve a change in the substance's chemical identity.

Correction: Emphasize that physical changes do not alter the chemical structure, using examples like melting ice or tearing paper.

- Misconception: All physical changes are reversible.

Correction: Clarify that some physical changes, like breaking or cutting, are reversible, but others, like tearing or dissolving, may not be easily reversible.

Integrating Creative Teaching Press Resources

Creative Teaching Press provides various materials tailored for physical science instruction, which can elevate your teaching approach:

- Activity Books: Ready-made experiments and activities that align with standards.
- Posters and Visuals: Engaging images that reinforce concepts.
- Interactive Worksheets: Opportunities for students to classify and analyze physical changes.

- Digital Resources: Online games and quizzes to supplement lessons.

Strategies for Integration:

- Use posters as classroom decor to continually reinforce concepts.
- Incorporate activity books into small-group work or centers.
- Assign digital quizzes as formative assessments.

Extending Learning Beyond the Classroom

Encourage students to observe physical changes in their environment.

Assignments:

- Keep a science journal recording physical changes observed at home or outdoors.
- Research and present on real-world applications of physical changes in industries.
- Design their own experiments related to physical changes and share findings.

Conclusion

Understanding physical changes is a vital component of physical science education. By leveraging creative teaching strategies and resources, such as those provided by Creative Teaching Press, educators can foster curiosity, deepen understanding, and nurture scientific literacy among students. From hands-on experiments to visual aids and real-world connections, teaching physical changes effectively prepares students for more advanced topics and encourages a lifelong appreciation for science.

Remember: The goal is to make science accessible, engaging, and relevant. Through creative teaching approaches, educators can inspire the next generation of scientists and thinkers to explore the fascinating world of physical science.

QuestionAnswer What are some effective creative teaching strategies for explaining physical changes in science classes? Creative strategies include hands-on experiments, visual demonstrations, interactive models, and storytelling to help students grasp concepts like melting, freezing, and condensation in engaging ways. How can teachers make the concept of physical changes more relatable to students? Teachers can use everyday examples such as ice melting, boiling water, or folding paper to illustrate physical changes, making the concepts more familiar and easier to understand. What role does the Physical Science Creative Teaching Press play in improving science education? The Physical Science Creative Teaching Press provides innovative

resources, lesson plans, and activities designed to foster creativity and enhance student understanding of physical science concepts like physical changes. What are some common misconceptions students have about physical changes, and how can creative teaching address them? Students often confuse physical changes with chemical changes. Creative teaching methods like experiments and visual aids can clarify that physical changes do not alter the substance's identity, helping to correct misconceptions. Can technology enhance teaching about physical changes in physical science? If so, how? Yes, technology such as virtual labs, simulations, and interactive videos can provide dynamic and visual representations of physical changes, making abstract concepts more accessible and engaging for students.

Related keywords: physical science, creative teaching, physical changes, science education, hands-on experiments, teaching resources, science curriculum, classroom activities, scientific concepts, educational publishing

Read the full article online: [PHYSICAL SCIENCE CREATIVE TEACHING PRESS PHYSICAL CHANGES](#)