

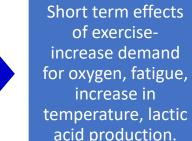
## Episode 4 Flow Diagrams



Using flow diagrams helps you make links within topics. Linking areas of topics together helps you remember key aspects of that topic in a domino effect (one after another). You can use words or pictures to help you.

## Muscular system

11 muscles I need to know are bicep, tricep, pectorals, deltoids, trapezius, abdominals, latissimus dorsi, hamstring, quadricpes, gastrocnemius and gluteus maximus





Long term effectincrease in size and strength (hypertrophy), reduced chance of injury, increased muscular endurance.



## Diet and muscular system

The amount of protein I eat would help to increase muscle size and strength as protein helps growth and repair of muscles.

A athlete that would benefit from increased muscle mass would be a shot putter as they would be able to throw the shot further increasing their chance of winning



Unlike mind maps you are not writing everything you know about a topic, you are linking it and other topics together.

This will help you when questions ask you to link other topics together using command words like discuss, explain, describe the impact



## **Methods of training**

A MoT that would improve the muscular system would be weight training, weight training uses weights as a resistance to improve strength and muscular endurance.