

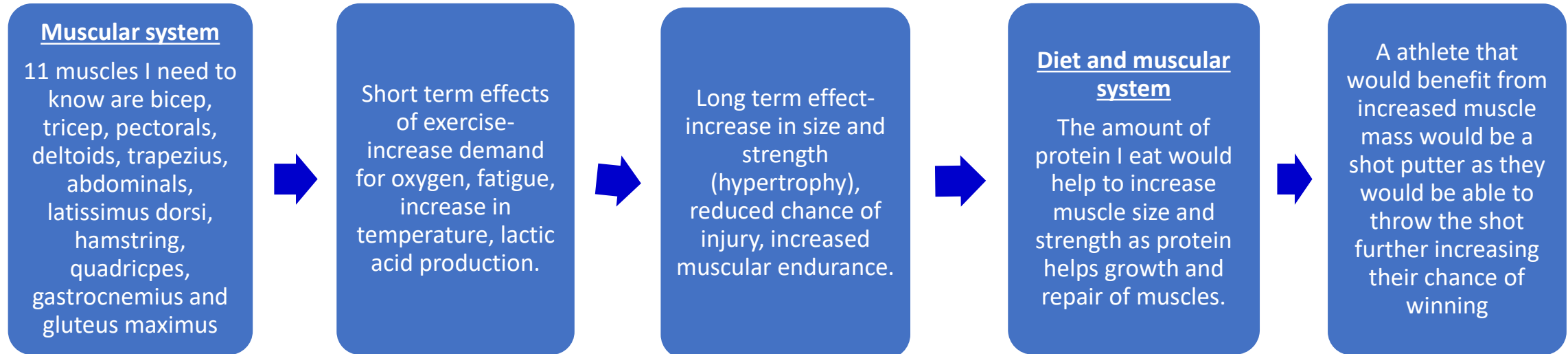


# Episode 4

# Flow Diagrams

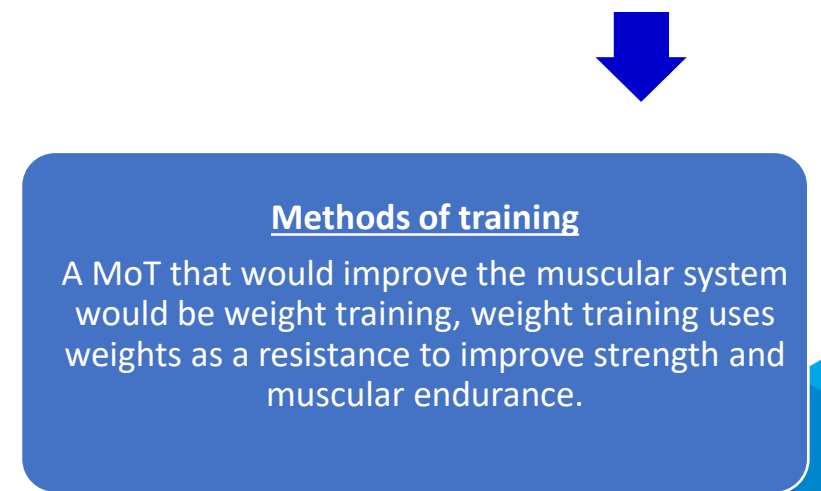


Using flow diagrams helps you make links within topics. Linking areas of topics together helps you remember key aspects of that topic in a domino effect (one after another). You can use words or pictures to help you.



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.