

### Muscular Strength Concept Map Narrative

One of the problems in my current Personal Fitness class, has been the students ability to learn the concepts involved in muscular fitness. The students know that it is an important element of what we study, and truthfully work hard on developing their muscles during the “activity” portion of the class. However, I have found during the past 4 years teaching this class, the students do not grasp many of the “concepts” involved in muscular strength. They apply them constantly, but when it comes time to take an exam over the material, they perform poorly.

This concept map will be used to introduce the material to the students, instead of the previous format, which was simply text. The students will also be encouraged to develop their own workout plan, using the information from this chart, and therefore applying the knowledge and personalizing it to themselves.