

Week 8 Discussion: Reflection and Looking Ahead

Required Resources

Read/review the following resources for this activity:

- Textbook reading
- Lesson
- Minimum of 1 scholarly source

In your reference for this assignment, be sure to include both your text/class materials AND your outside reading(s).

Initial Post Instructions

We learned a lot about anatomy and physiology this session. Address one of the following topics for your initial post.

- What topic(s) did you like the most? What topic(s) was the most challenging? Why?
- Describe how learning anatomy and physiology will help you in your career?
- What are you looking forward to learning more about throughout your education and career?

I have chosen to discuss the topic of “What are you looking forward to learning more about throughout your education and career?”

I chose this topic because as a nursing major I know I have a lot of classes that are going to pertain back to this subject. With A&P I love learning everything I can about the body and what makes it up as well as the functioning behind it. To understand what exactly our body can do and what is behind the functions our body is capable of. Now with this, I know in the future I will learn more in-depth things such as medications in pharmacology as well as more prominent topics of what can happen to the body in older age or even what has occurred in our bodies since adolescence. In the book *Anatomy & Physiology: Unity and Function* by author Kenneth Saladin explains everything about the human body in extreme detail and it helps to understand what we are learning more than anything (Saladin, 2019). His ability to write and really accentuate what our body