

Mara Emond

March 4<sup>th</sup>, 2020

### Week 1 Reflection Activity

This week, there were many things about the body on a cellular level that I learned. I have taken Anatomy and Physiology before in high school and I learned much of the material in chapters one and two during that time. However, while going through the practice quizzes throughout the text, it inspired me to think outside the box with additional critical thinking.

While going through the text, it not only was informative, but extremely instructive. Rather than thing of for example: atoms, molecules, tissue, organs, and organs systems separately, but how they function as a group to accomplish a task. For instance, atoms form together and create molecules. Going forward, these molecules group together and for organelles inside cells. Those cells create the tissue and the tissue creates the organs and so on.

When thinking of them separately and performing their own different jobs, it misguides and teaches in the wrong direction. These particles are performing one particular task for a specific reason. Though there are different organs with separate duties, they each join together, thus creating the organism and gives the body the ability to function and survive.

These exciting concepts will help me better understand the structures and functions of the human body, which directly relates to the nursing career I am working on.