***ASSESSMENT TASK 2. Reflective Questions***

**Name: MARK RAPHAEL L. SALE** **Score:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Course, Year and SectionBSCE-1E**  **Equivalent:** \_\_\_\_\_\_\_\_\_\_\_\_

**A. Reflection**

As a student, why is learning about basic anatomy important? What do you think are the advantages of having anatomical knowledge in movements, exercises and injuries? (20 points)

As a student, learning about basic anatomy is very important because, it provides a fundamental understanding of how the human body is structured and how our body functions, and by knowing the location and function of different body parts helps understanding how the body works as a whole system. And lastly by studying anatomy foster a deeper appreciation for the intricate and complex nature of the body.

The advantages of having anatomical knowledge as a student improved our physical performance to enhanced decision-making regarding health and fitness choices. For example, if I were a student-athlete and understand the body’s structure I can optimize my training and avoid common pitfalls that might lead to injuries. And by having this kind of understanding allows for more informed approach to exercise routines and injury prevention.