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Activity 1:

Answer the question below in the discussion forum:

Your alarm clock woke you up early in the morning as a signal that you need to prepare for class. You stretched, yawned, and began to salivate as you smell the brewing coffee. Your stomach also begins to rumble. List the divisions of the nervous system that are involved in each of these responses.

In this example we can see multiple divisions of the nervous system at work in our perception of the situation:

- 1. Smelling the coffee and hearing the alarm are somatic sensory since our olfactory and hearing receptors function in conveying this information towards our central nervous systems,*
- 2. stretching and yawning are somatic motor which in this case the somatic motor neurons after receiving the impulse from sensory neurons produce reflex movements (such as stretching and yawning) this is also the same reason as to why breathing and other reflex movements are still controlled by somatic motor neurons,*
- 3. salivating is autonomic (parasympathetic) motor where the autonomic system innervates our salivary glands produce more saliva,*
- 4. meanwhile the stomach rumble is enteric motor since our gastrointestinal nerves facilitate the process of digestion which includes the sounds produced by our stomach.*