



LESSON 5

Lesson Plan Title: Vital Signs		Instructor:
Suggested Total Time for Lesson (minutes): 35 minutes (1 day)		
Content Focus - What Will Students Learn? (Content Skill Sets)		
Health Science 0972.HE.0715 Advanced Principals of Health Science 0972.HE.0715.36 Apply procedures for measuring and recording vital signs including normal ranges		
Materials and Resources- What do you need to assemble and prepare before the lesson?		
Materials: <ul style="list-style-type: none"> • Blood pressure cuff • Stethoscope • Clock or watch with second hand • May be provided by guest speakers, or borrow from local CTE health science program 		Resources: <ul style="list-style-type: none"> • <i>How to Take Vital Signs – Step-by-Step Manual Instructions - USA Medical and Surgical Supplies (usamedicalsurgical.com)</i> • <i>Vital Signs (clevelandclinic.org)</i> • Vital signs worksheet • Vital signs notes • Vital signs PowerPoint • What Temperature is it? Worksheet and (optional) prizes • Types of Thermometers
Lesson Outline: What learning activities will your students do?		
Time	Sequence/Description of Learning Activity	
5 minutes	<p>Get Started/Explain:</p> <p>*Before class, invite nursing students from a local college, technical education center or high school CTE program to come to the classroom for this lesson. You can also ask a parent, friend, or family member who is a medical professional (MA, LPN, RN, EMT, or Physician) trained to take vital signs. Ask them to bring a stethoscope, blood pressure cuff, thermometer, and a watch with a second hand to demonstrate taking vital signs.</p> <p>Explain: Vital signs are identified as a person's body temperature, pulse rate, breathing rate, and blood pressure. The goal of the lesson is to recognize how to identify a person's vital signs and what is the normal range.</p> <p>This activity is relevant to HOSA Future Health Professionals competitive event.</p>	
10 minutes 20 minutes	<p>Discover/Engage/Practice:</p> <ul style="list-style-type: none"> • Show Vital Signs PowerPoint. • Do Vital Signs worksheet, individual or as a group (can complete worksheet if guest is not able to come or while waiting to have vital signs checked) *can be a quiz. Hand out the vital signs note document for students to take notes as they view the PowerPoint. • During class, have the nursing students or medical professionals talk about and demonstrate how to take vital signs. If no guests are available, show a YouTube video on "How to Take Vital Signs" or "Basic Vital Signs." • After the nursing students or medical professional have completed the presentation, allow guests to demonstrate how to check vital signs on students (optional-will need 3-4 nursing students to do vital signs if class is large). • If taking students vital signs: set up stations for each nursing student or medical professional to perform taking the vital signs. • Provide privacy for each station if possible and remind students that medical information must be kept private, and they cannot ask another student or share the vital signs readings with others. • Leave enough time at the end of the class for students to ask questions. • Extension activity: "What Temperature is it?" 	
	<p>Check for Understanding/Summarize/Close:</p> <p>Did students display understanding of the vital signs ranges and the procedures for measuring vital signs?</p>	

Modifications, Support, and Extensions (for those students with IEP)

Reflection- Did the students learn the content outlined in the lesson focus? Why or why not?