

Health Lesson Plan

CPR Training



Post-Secondary Education

Specifically: Health & Physical Education Majors

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OVERVIEW	CPR is an important skill to learn and be able to use, in a student's quest for teaching Health as well as for life in general.
OBJECTIVES	Given a dummy and instruction, students will be able to understand and complete the steps of CPR with 100% accuracy.
STANDARDS	HW.4.4 Illustrate how to offer assistance to enhance the health of self and others. 8.3.4. Describe situations that may require professional health services.
MATERIALS	<ul style="list-style-type: none">• Dummy• Computer• Text• Headphones
PROCEDURE	<ol style="list-style-type: none">1. After studying the steps of CPR the students will group into pairs and view this short illustration video:<ul style="list-style-type: none">• http://www.teachertube.com/view_video.php?viewkey=45122c9b31631174b7012. After viewing the video, students will practice the procedure for CPR as many times as they feel comfortable.3. Once the student feels comfortable, the student can show the teacher as part of the evaluation.
EVALUATION	The students will take a short, fill in the blank, quiz over the steps of CPR. Once the student has completed the quiz, the student will be given a situation involving the dummy, and must perform CPR on his or her dummy.

¹ Video from <http://teachertube.com/>