

**Career and Technical Education**  
**High School (Grades 9-12)**  
**Health Science 2**  
**Vital signs - Day 11 – Lesson 1- Vital Signs**

<b>Standards</b>	<ul style="list-style-type: none"> <li>• Students will list the five main vital signs</li> <li>• Students will state the normal range for oral and, axillary and rectal temperature; pulse respirations and systolic and diastolic pressure</li> <li>• Students will count respirations to an accuracy within one respiration per minute</li> </ul>
<b>Learning Targets/I Can Statements</b>	<ul style="list-style-type: none"> <li>➤ I can measure and record oral temperature accurately</li> <li>➤ I can define, pronounce, and spell key terms</li> <li>➤ I can measure and record pulse accurately</li> <li>➤ I can count and record respirations accurately</li> </ul>
<b>Essential Question(s)</b>	<p>1. What are vital signs?</p>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Microsoft Word</li> <li>• Microsoft Publisher</li> <li>• Internet</li> <li>• Microsoft Teams</li> <li>• Kahoot</li> <li>• HealthCenter 21</li> </ul>
<b>Learning Activities or Experiences</b>	<p><b>Opening Activity</b> (5 minutes)</p> <ul style="list-style-type: none"> <li>• Why is it important to know the normal ranges for the five main vital signs? Describe what the five main vital signs are?</li> <li>• Type your answer in Microsoft Word and email answer to teacher <a href="mailto:Robert-paul.isaac@richlandone.org">Robert-paul.isaac@richlandone.org</a></li> </ul> <p><b>Quick Write</b> (Microsoft Word) (20 minutes):</p> <ul style="list-style-type: none"> <li>• Define the following terms: pulse, orthopnea, pulse pressure, rales, tachycardia, tachypnea, wheezing, vital signs, temporal temperature, respirations, stethoscope, bradycardia, bradypnea, apnea, hypertension, hypotension, oral temperature.</li> <li>• Do not use Wikipedia to define terms</li> </ul>

	<ul style="list-style-type: none"><li>• Terms should be defined in a Microsoft Word document</li></ul> <p><b>Assignment</b> (check pulse and respirations ) (30 minutes)</p> <ul style="list-style-type: none"><li>• Measure radial pulse and respirations of two of two family members and document your findings in a word document. Analyze if the findings are in the normal ranges for pulse and respirations. Describe in complete sentences the quality, rate, and rhythm of the pulse.</li></ul> <p><b>Digital Activity</b> (Microsoft Teams - Group Chat (5 minutes):</p> <ul style="list-style-type: none"><li>• Upload word document in Microsoft Teams and respond to two of your peers posts in teams.</li></ul>
<b>Closing</b>	<p><b>Closing Activity</b> (5 minutes)</p> <ul style="list-style-type: none"><li>• Respond to peers posts on Microsoft Teams</li></ul> <p><b>Homework Assignment</b> “ Enroll in HealthCenter 21” (10 minutes)</p> <p><b>Student Self Enrollment</b></p> <ol style="list-style-type: none"><li>1. Give your students the code for this class period: <b>85S8W</b></li><li>2. Have your students go to <a href="http://learn.aeseducation.com">learn.aeseducation.com</a>.<ul style="list-style-type: none"><li>○ New Students - Click to create a new account.</li><li>○ Students With Accounts - Sign in and then click to enroll.</li></ul></li></ol>

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**First Aid - Day 12 – Lesson 2- First Aid**

<b>Standards</b>	<ul style="list-style-type: none"> <li>• Students will describe first aid for bleeding and wounds</li> <li>• Students will describe first aid for shock</li> <li>• Students will describe first aid for sudden illness</li> </ul>
<b>Learning Targets/I Can Statements</b>	<ul style="list-style-type: none"> <li>➤ I can Describe bone and joint injuries, including fractures</li> <li>➤ I can define, pronounce, and spell key terms</li> <li>➤ I can describe first aid for specific injuries</li> <li>➤ I can count and record respirations accurately</li> </ul>
<b>Essential Question(s)</b>	2. What is First Aid? Why are First Aid practices commonly used in healthcare?
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Microsoft Word</li> <li>• Microsoft Publisher</li> <li>• Internet</li> <li>• Microsoft Teams</li> <li>• Kahoot</li> <li>• HealthCenter 21</li> </ul>
<b>Learning Activities or Experiences</b>	<p><b>Opening Activity</b> (5 minutes)</p> <ul style="list-style-type: none"> <li>• Why do you think people often refuse to help in an emergency?</li> <li>• Type your answer in Microsoft word and email answer to teacher <a href="mailto:Robert-paul.isaac@richlandone.org">Robert-paul.isaac@richlandone.org</a></li> </ul> <p><b>Quick Write</b> (Microsoft Word) (20 minutes):</p> <ul style="list-style-type: none"> <li>• Define the following terms: frostbite, heart attack, heat cramps, heat exhaustion, heat stroke, hemorrhage, hypothermia, incision, infection, insulin shock</li> <li>• Do not use Wikipedia to define terms</li> <li>• Terms should be defined in a Microsoft Word document</li> </ul>

	<p><b>Assignment</b> (Create a flyer) (30 minutes)</p> <ul style="list-style-type: none"><li>• Create a flyer in Microsoft Word or Microsoft Publisher on how patients are triaged in the healthcare industry when responding to emergencies. Describe how care for patients in an emergency is determined.</li></ul> <p><b>Digital Activity</b> (Microsoft Teams - Group Chat (5 minutes):</p> <ul style="list-style-type: none"><li>• Upload flyer in Microsoft Teams and respond to two of your peers posts in teams.</li></ul>
<b>Closing</b>	<p><b>Closing Activity</b> (5 minutes)</p> <ul style="list-style-type: none"><li>• Respond to peers posts on Microsoft Teams</li></ul> <p><b>Homework Assignment</b> “Enroll in HealthCenter 21” ( 10 minutes)</p> <p><b>Student Self Enrollment</b></p> <ol style="list-style-type: none"><li>3. Give your students the code for this class period: <b>85S8W</b></li><li>4. Have your students go to <a href="https://learn.aeseducation.com">learn.aeseducation.com</a>.<ul style="list-style-type: none"><li>○ New Students - Click to create a new account.</li><li>○ Students With Accounts - Sign in and then click to enroll.</li></ul></li></ol>

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**First Aid - Day 13 – Lesson- Injury Care**

<b>Standards</b>	<ul style="list-style-type: none"> <li>• Students will describe first aid for bleeding and wounds</li> <li>• Students will describe first aid for shock</li> <li>• Students will describe first aid for sudden illness</li> </ul>
<b>Learning Targets/I Can Statements</b>	<ul style="list-style-type: none"> <li>➤ I can Describe bone and joint injuries, including fractures</li> <li>➤ I can define, pronounce, and spell key terms</li> <li>➤ I can describe first aid for specific injuries</li> <li>➤ I can count and record respirations accurately</li> </ul>
<b>Essential Question(s)</b>	3. What are the proper methods providing care to injuries?
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Microsoft Word</li> <li>• Microsoft Publisher</li> <li>• Internet</li> <li>• Microsoft Teams</li> <li>• Kahoot</li> <li>• HealthCenter 21</li> </ul>
<b>Learning Activities or Experiences</b>	<p><b>Opening Activity</b> (5 minutes)</p> <ul style="list-style-type: none"> <li>• What are the different types of wounds and how are they treated?</li> <li>• Type your answer in Microsoft word and email answer to teacher <a href="mailto:Robert-paul.isaac@richlandone.org">Robert-paul.isaac@richlandone.org</a></li> </ul> <p><b>Quick Write</b> (Microsoft Word) (15 minutes):</p> <ul style="list-style-type: none"> <li>• Define the following terms : laceration, poisoning, puncture, shock, sprain, strain, stroke, triage, wound</li> <li>• Do not use Wikipedia to define terms</li> <li>• Terms should be defined in a Microsoft Word document</li> </ul> <p><b>Assignment</b> (Create a newsletter ) (30 minutes)</p> <ul style="list-style-type: none"> <li>• In a Microsoft Word document or document in Microsoft publisher create a newsletter on the techniques used for controlling bleeding in a healthcare</li> </ul>

	<p>environment and describe why it is important to know those techniques even at outside of the healthcare field.</p> <p><b>Digital Activity</b> (Microsoft Teams - Group Chat (5 minutes):</p> <ul style="list-style-type: none"><li>• Upload Newsletter in Microsoft Teams and respond to two of your peers posts in teams. Be advised you are encouraged to use additional resources found on the internet. Sources must be sited at end of newsletter. Do not copy and paste information from the internet Post Newsletter to Microsoft teams.</li></ul>
<b>Closing</b>	<p><b>Closing Activity</b> (5 minutes)</p> <ul style="list-style-type: none"><li>• Post at least two comments on “ Bleeding Newsletter”</li></ul> <p><b>Homework Assignment</b> “Resource HealthCenter 21” (30 minutes)</p> <ul style="list-style-type: none"><li>• Complete Introduction to emergency care module in HealthCenter 21</li></ul>

Name \_\_\_\_\_

Date \_\_\_\_\_

## Product Rubric

	<b>Exemplary</b>	<b>Proficient</b>	<b>Acceptable</b>	<b>Unsatisfactory</b>	<b>Points Allocated</b>
	<b>25 Points</b>	<b>23 Points</b>	<b>20 Points</b>	<b>16 Points</b>	
<b>Content</b>	All information provided is complete and accurate. Extensive research on topic.	Product complete - Information is correct and relevant.	Basic information provided.	Product is lacking and/or information is inaccurate.	
<b>Grammar/Mechanics</b>	No errors in grammar, punctuation, spelling and/or capitalization.	With minor exceptions grammar and mechanics are correct.	Several errors in grammar, punctuation, spelling and/or capitalization.	Numerous errors in grammar, punctuation, spelling and/or capitalization.	
<b>Design and Appearance</b>	Product extremely neat. Design unique and creative with much attention to detail.	Product carefully designed and appearance was neat.	Information readable and appearance was neat.	Product was not neat at all and/or not able to read information.	
<b>Timeframe</b>	Turned in on the assigned date.	One (1) day late.	Two (2) days late.	Three (3) or more days late.	
<b>Total Possible Points</b>	<b>100</b>	<b>92</b>	<b>80</b>	<b>64</b>	
<b>Total Points Awarded</b>					

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**First Aid - Day 14 – Wounds**

<b>Standards</b>	<ul style="list-style-type: none"> <li>• Students will describe first aid for bleeding and wounds</li> <li>• Students will describe first aid for shock</li> <li>• Students will describe first aid for sudden illness</li> </ul>
<b>Learning Targets/I Can Statements</b>	<ul style="list-style-type: none"> <li>➤ I can Describe bone and joint injuries, including fractures</li> <li>➤ I can define, pronounce, and spell key terms</li> <li>➤ I can describe first aid for specific injuries</li> <li>➤ I can count and record respirations accurately</li> </ul>
<b>Essential Question(s)</b>	<p>4. What are wounds? And how are they managed?</p>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Microsoft Word</li> <li>• Microsoft Publisher</li> <li>• Internet</li> <li>• Microsoft Teams</li> <li>• Kahoot</li> <li>• HealthCenter 21</li> </ul>
<b>Learning Activities or Experiences</b>	<p><b>Opening Activity</b> (5 minutes)</p> <ul style="list-style-type: none"> <li>• How could improper treatment of a wound lead risk a person’s life?</li> <li>• Type your answer in Microsoft word and email answer to teacher <a href="mailto:Robert-paul.isaac@richlandone.org">Robert-paul.isaac@richlandone.org</a></li> </ul> <p><b>Quick Write</b> (Microsoft Word) (15 minutes):</p> <ul style="list-style-type: none"> <li>• You are in the kitchen preparing a meal and accidently slice off the tip of your finger. What should you do? What possible treatments do you think you would need for the injury?</li> <li>• Answer should be submitted as a Microsoft Word document</li> </ul> <p><b>Assignment</b> (Resource: HealthCecnter 21 ) (30 minutes)</p> <ul style="list-style-type: none"> <li>• Go to the HelathCenter 21 website and launch the Emergency Care module after logging in. Students are to complete the Introduction to Emergency Care module.</li> </ul>



## Student Self Enrollment

5. Give your students the code for this class period: **85S8W**
6. Have your students go to [learn.aeseducation.com](https://learn.aeseducation.com).
  - New Students - Click to create a new account.
  - Students With Accounts - Sign in and then click to enroll.

### Digital Activity (Microsoft Teams - Group Chat (5 minutes):

- Upload your Quick write response as a Microsoft Word Document to Microsoft Teams.
- You are encouraged to use additional resources found on the internet. Sources must be cited at end of Document. Do not copy and paste information from the internet as your answer to Microsoft teams.

## Closing

### Closing Activity (5 minutes)

- Post at least two comments on “ Treatment of the injured finger” on Microsoft Teams

### Homework Assignment “Resource: HealthCenter 21” (30 minutes)

- Go to the HealthCenter 21 website: [learn.aeseducation.com](https://learn.aeseducation.com) and launch the Emergency Care module after logging in. Students are to complete Injury care and techniques module

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**First Aid - Day 15 – Shock**

<b>Standards</b>	<ul style="list-style-type: none"> <li>• Students will describe first aid for bleeding and wounds</li> <li>• Students will describe first aid for shock</li> <li>• Students will describe first aid for sudden illness</li> </ul>
<b>Learning Targets/I Can Statements</b>	<ul style="list-style-type: none"> <li>➤ I can Describe bone and joint injuries, including fractures</li> <li>➤ I can define, pronounce, and spell key terms</li> <li>➤ I can describe first aid for specific injuries</li> <li>➤ I can count and record respirations accurately</li> </ul>
<b>Essential Question(s)</b>	5. What is shock? What are the treatment methods for shock?
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Microsoft Word</li> <li>• Microsoft Publisher</li> <li>• Internet</li> <li>• Microsoft Teams</li> <li>• Kahoot</li> <li>• HealthCenter 21</li> </ul>
<b>Learning Activities or Experiences</b>	<p><b>Opening Activity</b> (5 minutes)</p> <ul style="list-style-type: none"> <li>• What are the different types of shock? Why is it important to notice the signs of shock early in patients?</li> <li>• Type your answer in Microsoft word and email answer to teacher <a href="mailto:Robert-paul.isaac@richlandone.org">Robert-paul.isaac@richlandone.org</a></li> </ul> <p><b>Quick Write</b> (Microsoft Word) (15 minutes):</p> <ul style="list-style-type: none"> <li>• You are at work and notice your coworkers skin is pale blueish in color, their skin is cool to the touch, they are sweating excessively and their respirations are rapid. They are weak and complained of chest pain earlier at work. What is the proper first aid treatment for the patient's condition?</li> <li>• Answer should be submitted as a Microsoft Word document</li> </ul> <p><b>Assignment</b> (Resource: HealthCecnter 21 ) (30 minutes)</p>

- Go to the HelathCenter 21 website and launch the Emergency Care module after logging in. Students are to complete the Shock and Bone/Joint injuries module.

### Student Self Enrollment

7. Give your students the code for this class period: **85S8W**
8. Have your students go to [learn.aeseducation.com](http://learn.aeseducation.com).
  - New Students - Click to create a new account.
  - Students With Accounts - Sign in and then click to enroll.

#### Digital Activity (Microsoft Teams - Group Chat (5 minutes):

- Upload your Quick write response as a Microsoft Word Document to Microsoft Teams.
- You are encouraged to use additional resources found on the internet. Sources must be sited at end of Document. Do not copy and paste information from the internet as your answer on Microsoft teams.

#### Closing

#### Closing Activity (5 minutes)

- Post at least two comments on “ first Aid response ” on Microsoft Teams

#### Homework Assignment “Scenario” (30 minutes)

- You are watching television with your parents. Suddenly your father complains of severe pain in his chest and left arm. List the proper first aid care that should be used for the patient in a Microsoft Word document. Upload Microsoft word document to Microsoft Teams.