

**The Pennsylvania State University
Workforce Education and Development**

Lesson Plan Template

Name of Instructor: Jeff Peachman
Program Title: SERT
Course Title: Vitals
Unit Title: Within Normal Limits WNL
Lesson Title: Are they normal
Lesson Performance Objective: Students will know the normal limits for the following vital signs. Blood Pressure, Heart rate, Breaths per minute.
Time (length of lesson):45min
Equipment and Materials needed: Sphymomonometer , Stethascope, Watch or timer on phone
Technical Standard(s):503
Academic Standard(s):CC.2.1.HS.F.2; CC.2.1.HS.F.4

Introduction: What are normal limits

Body: Students need to take the 3 vitals on 3 different people. They will need to look up what the normal limits are for the 3 vitals. HR 60-100, BP 120/80, BPM 12-20. Record the measurements and tell whether they are within normal limits, High or Low.

Summary: Students will be able to turn in the results and identify if it is high, low or wnl.

Student Assessment:

Formative Assessment(s): Verbal questioning during lesson

Summative Assessment: written test at the end of the lesson on the key concepts

Universal Design for Learning (UDL)

Multiple Means of Engagement: Direct question, Involvement in demonstrating what needs done

Multiple Means of Representation: small group interaction

Multiple Means of Expression: verbal presentation with questioning from other health care professionals

