**HOSA Mini Lesson: Vital Signs**

*Objectives:*

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. Analyze the importance of vital signs
2. Identify the sites for obtaining temperatures.
3. Classify normal ranges of temperatures.
4. Calculate conversions for temperatures.
5. Identify the sites for obtaining pulse.
6. Classify normal ranges for pulse.
7. Demonstrate obtaining a radial pulse.
8. Explain how to obtain a respiration rate.
9. Select and define terms related to vital signs.
10. Explain the components of blood pressure.
11. Classify normal ranges of blood pressure.
12. Demonstrate obtaining a blood pressure.
13. Define hypertension.
14. Compare & contrast factors that lead to hypertension.

*Time:*

* Lecture - 1 class period
* Practice – as needed
* Check offs – as needed

*Materials:*

* ppt
* stethoscope
* blood pressure cuff
* alcohol wipes

*Instruction:*

1. Share PowerPoint on Vital Signs ( minute video)
2. Website for blood pressure practice

*Assessment:*

1. Written test

2. Assign pulse and respiration practice on family members

3. Check offs

*Standards:*

NCHSE

1.3.1 c. Conversions

* Temperature (C/F)

10.1.1 Demonstrate procedures for measuring and recording vital signs including the normal

ranges.

*For additional Curriculum Crosswalks see* [*CE Useful Tools*](http://hosa.org/CEUsefulTools)