

Virtual Science Adventure Lab (VSAL)

Vital Signs Lesson Summary

Grade Levels: This virtual lesson is appropriate for students in grades K-6

Time Required: 20 minutes

Outcomes and Objectives

Learning Targets

- To understand normal human body functions and how vital signs reflect those functions.
- To expose students to authentic equipment and tools used by scientists and physicians for measuring vital signs.

Assumptions of Prior Student Knowledge

- Students will have a basic understanding that physicians can take measurements to assess if the body and its systems are functioning properly.

Description

In this virtual lesson, students learn about how measuring vital signs reveal whether the body is functioning normally. Using the same equipment as scientists and physicians, the instructor will measure their heart rate, blood pressure, respiration rate, and temperature.

Vocabulary

- **System:** A group of organs that work together.
- **Vital Signs:** Measurements that give information about whether your body is functioning properly.
- **Heart:** The organ that pumps blood all throughout the body.
- **Blood Pressure:** The force of blood pushing on the walls of blood vessels when the heart beats.
- **Blood Pressure Cuff:** The piece of equipment that is used to measure blood pressure and heart rate
- **Heart Rate:** The number of times the heart beats in one minute (60 seconds).
- **Respiratory Rate:** The number of breaths in one minute (60 seconds).
- **Spirometer:** The piece of equipment that is used to measure respiratory functions.
- **Temperature:** The measurement of the body's ability to make and get rid of heat.
- **Thermometer:** The piece of equipment that is used to measure temperature.
- **Fahrenheit:** The unit of temperature that is commonly used in the United States.