**HOSA Mini Lesson: Cardiovascular**

**Objectives:**
Upon completion of this lesson, students will have sufficient knowledge of, and be able to:
1. list the flow of blood through the heart.
2. define myocardial infarction.
3. explain the symptoms of a MI.
4. compare & contrast the symptoms of a MI between males & females.
5. discuss treatment methods for MI & the importance of the “golden hour” in treatment.
6. define congestive heart failure.
7. distinguish between left & right sided congestive heart failure.
8. list causes of CHF.
9. explain the symptoms of CHF.
10. discuss treatment measures for CHF.
11. identify and illustrate heart disease risk factors

**Time:**
- Lecture on cardiovascular system (1/2 class)
- Construct flip chart of the flow of blood through the heart with definition of the function of each step of the flow and a picture of the structure (1/2 class)
- Research heart disease risk factors (1/2 class)

**Materials:**
- ppt
- 8 sheets of typing paper (per student)
- stapler
- internet access

**Instruction:**
1. Share PowerPoint on Cardiovascular System ( 1 minute video)
2. Flip chart/foldable for flow of blood; see instructions @ https://www.youtube.com/watch?v=R7UZ6lv8b_Y; students list the flow on the visible section and then definition & labeled picture in the inside
3. Research heart disease risk factors and prepare a health poster using Extemporaneous Health Poster Rubric

**Assessment:**
1. Written test
2. Completed flip chart/foldable
3. Poster on heart disease risk factors

**Standards:**
NCHSE
1.1.2 d. Cardiovascular
- Structures of the cardiovascular system
  - Identify cardiovascular organs
  - Label the parts of the heart
- Functions of cardiovascular system
  - Blood flow through the heart & body

For additional Curriculum Crosswalks see CE Useful Tools

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