**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 (25:46 minute video)
2. Flip chart/foldable for flow of blood; see instructions @ <https://www.youtube.com/watch?v=R7UZ6Iv8b_Y>; students list the flow on the visible section and then definition & labeled picture in the inside
3. Research [heart disease risk factors](https://www.texasheart.org/heart-health/heart-information-center/topics/heart-disease-risk-factors/) and prepare a health poster using [Extemporaneous Health Poster Rubric](https://hosa.org/guidelines/)
4. Explore the Public Health Topic for 2022-2023 Heart Healthy for Life: What You Need to Know Now

*Assessment:*

1. Written test

2. Completed flip chart/foldable

3. Poster on heart disease risk factors

4. Public Health Presentation

*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*](http://hosa.org/CEUsefulTools)