UNIT: BODY SYSTEMS 
LESSON PLAN '20 
April 6th - 13th 

UNIT: BODY SYSTEMS 
ASSIGNMENT 2 (CPR) 

Objectives: The student is expected to:
(A) solve problems in physical activities by analyzing causes and potential solutions;

Introduction to Hands Only CPR:

ACTIVITIES

- Read an overview of CPR:
  Every moment matters to someone who is suffering from sudden cardiac arrest. The circulation of oxygen rich blood to the organs and tissues must happen immediately to increase the chances of survival. According to the American Heart Association, Hands-Only CPR is as effective as the traditional 2 breath/30 compression cycle of CPR. After reading this chapter and practicing Hands-Only CPR you will should be confident in your ability to help save a life. Importance of CPR Cardiac arrest can happen suddenly. Depending on where you are when someone has collapsed, response time may take several minutes. The purpose of CPR is to keep blood flowing throughout the body until medical professionals, or an AED arrive on the scene.
  - How to perform Compression Only CPR (Hands-Only)
    - Step 1 - Call 911
    - Step 2 - Begin Compressions
  - Watch the video:
    - https://youtu.be/O_49wMpdews
  - Watch Practice Video 1 & 2:
    - https://youtu.be/yNHlC1aaCz8
    - https://youtu.be/NTS5r1IlVao
  - Activity:
    1. Place the mannequin on the floor in an open space.
    2. Kneel down and position yourself on the side of your mannequin.
    3. Clasp your hands on top of each other, lock your arms, and begin a sequence of compressions on the center of the chest.
    4. Practice 3-5 cycles of 30 compressions. Remember to count out loud and stay on pace (100-120/min)

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What is the main difference between CPR and Hands-Only CPR?
2. Describe the sequence of steps when performing Hands-Only CPR?
3. The rate of compressions should be how many beats per minute?
4. Describe a situation you might be in where you have to utilize hands only CPR?

FOR NEXT TIME:

SUBMIT YOUR QUESTIONS IN WORD APA STYLE TO THE TEACHER BY 4/12/20 AT 8PM