



## Targeted Teaching Topic

**Author:** Lindy Fernau  
**School:** O'Neill Public Schools

### Summary of Topic:

How do They Determine the Average Blood Pressure?

### Main Curriculum Tie:

Academic foundations.

### Required Materials for Lesson:

- Blood pressure cuffs.
- Stethoscopes.

### Background for Teacher:

Teach students how to take blood pressure. Allow practice time before collecting data.

### Student Prior Knowledge:

How to use the blood pressure cuff to find someone's blood pressure.

### Intended Learning Outcome:

Collect and find the average blood pressure (at rest) of the class. Compare it to the national average.

### Instructional Procedure:

- Find blood pressure of each person in the class.
- Average systole and diastole.
- Compare to national average.

**How to Measure Outcome:**

Does anyone have the same blood pressure? How did they find the national average?