## 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?