



Suggestions for Teachers

Module #5

Cardiovascular and Respiratory System and Exercise. What Do You Know Now?

Purpose

To evaluate students' acquisition of the concepts and skills developed through Modules #1-4.

Objectives

Student will be able to:

- 1) Clarify areas of understanding and identify misconceptions.
- 2) Apply their knowledge to a real-life problem (*My Health Lifestyle Inventory*).

Materials

- KWL/T-charts or concept maps completed by groups during Module #1 (have additional Post-It™ notes available)
- *My Health Lifestyle Inventory* (previously completed by student), p. 16.

Procedure

- 1) Each group should re-assess their KWL/T-chart. Are the concepts listed in column 1 correct? What have they learned in Modules 1-4?
- 2) Each group should finalize their chart for presentation to the whole class and/or submission to the teacher.
- 3) Each student should review their *My Health Lifestyle Inventory* and write down at least two things they are doing which contribute to his/her good health. Next, they should write down at least two things they could do to improve their good health (that is, to increase their overall score on the *Inventory*). These can be submitted to the teacher, if preferred.

Safety

None

Suggestions for Assessment

The KWL/T-chart can be used for assessment. Complete a *My Health Lifestyle Inventory* for a fictitious student. Ask students to note at least two things this student could do to improve his/her health (that is, to increase his/her overall

score on the *Inventory*) and two things the student is currently doing that contribute to his/her good health. Students should be able to relate one of these items to something they know/learned about the cardiovascular or respiratory systems and/or exercise.

References and Resources

U.S. Department of Health and Human Services. (1981). *Healthstyle: A Self-test*. DHHS Publication No. (PHS) 81-50155. Washington, DC: U.S. Department of Health and Human Services, Public Health Service.

Note: There is NO student handout for Module #5.