

Anoka-Hennepin Secondary Curriculum Unit Plan

Department:	Career and Technical Education	Course:	Nursing Assistant	Unit 7 Title:	Activity and Exercise	Grade Level(s):	11-12
Assessed Trimester:	A	Pacing:	4 Days	Date Created:		Last Revision Date:	11/2014

Course Understandings: <i>Students will understand that:</i> <ul style="list-style-type: none"><li></li></ul>
---

DESIRED RESULTS (Stage 1) - WHAT WE WANT STUDENT TO KNOW AND BE ABLE TO DO?

Established Goals	
<ul style="list-style-type: none"><li></li></ul>	
Transfer	
Students will be able to independently use their learning to: (product, high order reasoning) <ul style="list-style-type: none"><li></li></ul>	
Meaning	
Unit Understanding(s): Students will understand that: <ul style="list-style-type: none"><li>Body mechanics promotes safety and proper lifting technique</li><li>Exercise benefits the entire body</li><li>Rehabilitation promotes maximum physical function psychological well being</li><li>Restorative care promotes self-maintenance of physical and psychological ability</li><li>Immobility has physical, psychological, and social impacts</li><li>Proper body alignment promotes comfort, normal organ system function, and safety</li></ul>	Essential Question(s): Students will keep considering: <ul style="list-style-type: none"><li>Body mechanics promotes safety and proper lifting technique</li><li>Exercise benefits the entire body</li><li>Rehabilitation promotes maximum physical function psychological well being</li><li>Restorative care promotes self-maintenance of physical and psychological ability</li><li>Immobility has physical, psychological, and social impacts</li><li>Proper body alignment promotes comfort, normal organ system function, and safety</li></ul>
Acquisition	
Knowledge - Students will: <ul style="list-style-type: none"><li>Review the importance of body mechanics</li><li>Discuss the benefits of exercise</li><li>Discuss the effects of immobility</li><li>Discuss body alignment</li><li>Discuss the importance of range of motion exercise</li><li>Discuss the importance of anti-embolism stockings</li></ul> Reasoning - Students will: <ul style="list-style-type: none"><li>Compare rehabilitation with restorative care</li><li>Discuss guidelines and considerations when moving, transferring and lifting residents</li><li>Discuss special care needs for residents with joint replacements or fractures</li></ul>	Skills - Students will: <ul style="list-style-type: none"><li>I can demonstrate:<ul style="list-style-type: none"><li>ambulate</li><li>walk with a cane</li><li>walk with a walker</li><li>wheelchair transport</li><li>wheelchair transfer</li><li>mechanical lift</li><li>supine position placement</li><li>side-lying position placement</li><li>move up in bed</li><li>passive range of motion of the shoulder and elbow</li><li>passive range of motion of the hip, knee and ankle</li><li>support stocking application</li></ul></li></ul>

<b>Common Misunderstandings</b> <ul style="list-style-type: none"><li>• Restorative care v rehabilitation</li><li>• Correct posture for different body positions</li></ul>	<b>Essential new vocabulary</b> <ul style="list-style-type: none"><li>• abduction</li><li>• active range of motion</li><li>• adaptive equipment</li><li>• adduction</li><li>• ambulate</li><li>• atrophy</li><li>• body alignment</li><li>• contractures</li><li>• exercises</li><li>• extension</li><li>• external rotation</li><li>• flexion</li><li>• fowler’s position</li><li>• hemiplegia</li><li>• internal rotation</li><li>• paralysis</li><li>• paraplegia</li><li>• passive range of motion</li><li>• pivot</li><li>• progressive mobilization</li><li>• quadriplegia</li><li>• range of motion</li><li>• rehabilitation</li><li>• restorative care</li><li>• semi-fowler’s position</li><li>• side-lying position</li><li>• supine position</li><li>• therapeutic tubing</li><li>• transfer</li></ul>
--	---