

35a A&P: Cardiovascular System – Blood Cells, Tissues, and the Heart

Lesson Plan

Minutes Activity

	Reminders 10 minutes before class begins display the reminders slide.
5	Attendance and Breath of Arrival
15	AOIs: adductor group (adductor magnus and gracilis).
40	Lecture Blood Cells, Tissues, and the Heart
60m	Total Class Time (if there is time, have students fill out the intake forms for B class)

Learning Outcomes

- **Program Level:** Lay groundwork to integrate an understanding of the cardiovascular system into the art and science of massage.
- **Course Level:** Understand how this system is similar to and different from the others we study.
- **Class Level:** Blood cells, tissues, and the heart.

Class Schedule – Student Preparation

- Trail Guide: adductor group (adductor magnus and gracilis).
- Salvo: Pages 669-677.
- Packet E: 65-68.
- RQ – Packet A: 157-164.
- RQ – Packet A-167.

Topic Focus

- Blood cells, tissues, and the heart.

Materials, Equipment, and Supplies

- Intake forms, SOAP notes, and clipboards