**ECG Lab: Lesson Plan**

*Last updated: 04/02/25*

**Resources**

Required resources for students:

* Visible Body
* ECG lab worksheet
* Visible Body blog post: Decoding the Heart: What is an ECG?
  + <https://www.visiblebody.com/blog/decoding-the-heart-what-is-an-ecg>
* Optional: OpenStax Cardiovascular Chapter
  + <https://openstax.org/books/anatomy-and-physiology/pages/19-introduction>

**Objectives**

By the end of this lesson, students should be able to:

1. Identify and understand the steps involved in heart conduction.
2. Identify and understand the steps involved in the cardiac cycle.
3. Understand and identify the waves and intervals of an ECG.
4. Understand the importance and basic function of an ECG.

**Introduction**

10 minutes: Give students a brief review of the anatomical structures involved in heart conduction. You may also use additional resources from Visible Body in the links provided above. After your review, tell the students (on their own or in groups) to complete the worksheet, using Visible Body to help review and answer the questions provided.

**Student Activity**

45 minutes: Students complete a worksheet. See answer key.