

TASK ANALYSIS
Taking a pulse

SKILL: Demonstrate taking a pulse after exercise and recording results

VISUAL DESCRIPTION: Students will use 2 fingers to take their pulse at the wrist, count the beats for 10 seconds and record the results

MOVEMENT SEQUENCE

VERBAL CUES

1. * Use index and middle finger

2 fingers

2. Place on thumb side of wrist

thumb side

3. Press gently

press

4.* Count the beats for 10 seconds

count

5. *Multiply number counted by 6

results times 6

6. * Record results on paper

record

7.

8.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: practice in finding pulse and counting will be needed. Multiplication may be difficult for some students

SKILL: Discrete

ENVIRONMENT: Students will begin exercising for specified time then stop and find pulse

CHECKLIST:

Student	2 fingers	Count	Multiply	Record
1				
2				
3				
4				