



Explore "Be the Beat" Web Quest

Lesson Description: Students will go online to explore the American Heart Association's new website "Be the Beat" (www.bethebeat.heart.org). Students will search the website and answer questions listed in a handout.

Curriculum Connections: Science, Health, Language Arts

Health National Standards:

Students will

- Learn concepts related to health promotion and disease prevention to enhance health
- Study the influence of family, peers, culture, media, technology, and other factors on health behaviors
- Show how they can access valid information and products and services to enhance health
- Explain how to practice healthy habits and avoid or reduce risks
- Explain how to be an advocate for personal, family, and community health

Health Intended Learning (objectives):

Students will

- Become aware of the "Be the Beat" website and its usefulness
- Name the main features on the website
- Explore the website's videos, games, songs, quizzes, and animations
- Access information on CPR, AED, and sudden cardiac arrest emergency action steps
- Show how to use the website as a resource for empowering youth to be a trained advocate in CPR/AED

Class Time: 40 minutes

Materials:

- Computer/Internet access
- Reproducible student handout
- Answer Key

Launch (Anticipatory Set):

Discuss with students:

- Everyday nearly 800 Americans suffer sudden cardiac arrest at home, work, or in a public place. Fewer than 8% survive. CPR can more than double or triple a victim's chance for survival.
- Immediately responding to an emergency with the appropriate steps can mean the difference between life and death.
- The most urgent medical emergencies are those in which the victim is unresponsive or has stopped breathing.

Explore/Activity:

Students will access the Internet and type in the address <http://www.bethebeat.heart.org/>. They will explore the website and answer questions on the student handout. By answering all the questions correctly, students will become familiar with the learning activities on the website. Students will use tools on this website in future lessons.

Summary:

Discuss with students

- "Be the Beat" is a resource for students to gain the skills and knowledge needed to respond to a sudden cardiac arrest.
- This website can empower youth through CPR/AED information.
- By teaching more people how to respond in an emergency, this website will give cardiac arrest victims a better chance of survival.
- Students can become advocates for CPR/AED awareness for their family, school, and community by sharing this website with others.

Assessment:

Students show proficiency by giving correct answers on the student handout.

Extensions:

- Create a class competition for points scored on the website.
- Students create avatars and post them in the classroom.
- Students find a new song that contains 100 to 103 beats per minute.
- Students create mini-posters promoting the website and display them throughout the school.
- Students share the website with families at home.

Resources:

www.americanheart.org/
<http://discoveryeducation.com/>
www.kidshealth.org
www.healthteacher.com



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Name: _____

Class: _____

Date: _____

Score: _____

Instructions: Today, you are going to join the American Heart Association's new online sudden cardiac arrest awareness campaign by logging into the website www.bethebeat.heart.org. Next you will explore the website and discover all the features the website has to offer, including videos, games, quizzes, songs, sharing with others, heart health animations, avatars, and more!

As you explore the website look for answers to the questions below:

1. How many beats per minute are given for CPR?
2. Customize the screen color by choosing blue, purple, green, orange, or _____.
3. What information do you need to send this website to a friend? _____ and _____
4. What social networks are available on this website? Facebook, YouTube, _____, and _____
5. Click on the VIDEO GALLERY. In the video *Hands-Only CPR*, what sport are they playing? _____
6. Click on the VIDEO GALLERY. In the video *Using an AED*, what type of class are the students taking? _____
7. Click on the VIDEO GALLERY. In the video *That's CPR*, what skill does rapper MC LARS rap about? _____
8. How many wallpapers are available for you to download? _____
9. What is Twitter? Twitter is a _____ that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: _____?
10. Give the name of a heart hero: _____
11. Give the name of a person whose heart has been rescued: _____
12. How many printables are available? _____

13. Give 1 example of a song that contains 100 beats per minute:

14. The types of downloads available are wallpapers, banners and graphics, _____, and _____.

15. Complete this mission statement from the American Heart Association: "We're starting an underground movement for teens...our mission is to get a whole new generation of _____ trained in _____ and _____."

16. What are 3 ways to earn points and prizes on this website?

-
-
-

17. What are the 4 steps for building an avatar?

-
-
-
-

18. In *Heart Trek Games*, what is the first game?

19. What is your favorite feature of the "Be the Beat" website?

20. Name 1 lifesaving piece of information you learned today on "Be the Beat."



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ANSWER KEY

1. How many beats per minute is given for CPR? 100
2. Customize the screen color by choosing blue, purple, green, orange, or black.
3. What information do you need to send this website to a friend? Name and e-mail
4. What social networks are available on this website? Facebook, YouTube, Twitter, and MySpace
5. Click on the VIDEO GALLERY. In the video *Hands-Only CPR*, what sport are they playing? Baseball/Softball
6. Click on the VIDEO GALLERY. In the video *Using an AED*, what type of class are the students taking? Self-defense
7. Click on the VIDEO GALLERY. In the video *That's CPR*, what skill does rapper MC LARS rap about? Lifesaving
8. How many wallpapers are available for you to download? 4
9. What is Twitter? Twitter is a social network that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What's happening?
10. Give the name of a heart hero: Derek
11. Give the name of a person whose heart has been rescued: Matt
12. How many printables are available? 6
13. Give one example of a song that contains 100 beats per minute:
Man In the Mirror, Stayin' Alive (see PDF for more options)
14. The types of downloads available are wallpapers, banners and graphics, avatars, and widgets.

15. Complete this mission statement from the American Heart Association: "We're starting an underground movement for teens...our mission is to get a whole new generation of lifesavers trained in CPR and AED.
16. What are 3 ways to earn points and prizes on this website?
- Playing games
 - Clicking on hidden factoids
 - Answering follow-up questions
17. What are the 4 steps for building an avatar?
- Select a heart
 - Select a color
 - Select graphics
 - About Me
18. In *Heart Trek Games*, what is the first game? Race to the Phone
19. What is your favorite feature of "Be the Beat" website? (opinion)
20. Name one lifesaving piece of information you learned today on "Be the Beat."
(Answers vary.)