

Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

Title of Video and Topic: ____ Micro-video Series <input checked="" type="checkbox"/> Tutorial ____ Training ____ Screencast ____ Presentation/Lecture	
Grade or Target Age Group Level: Adults	
Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 2:00	
FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>): Career Connection	
Video Learning Objective(s): Viewers will be able to perform CPR.	
National Family and Consumer Sciences Standards (or others as appropriate): 1.2 Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.	
Career Readiness Practices (Select all that apply):	
<ul style="list-style-type: none"> ● Act as a responsible and contributing citizen and employee <input type="checkbox"/> Apply appropriate academic and technical skills ● Attend to personal health and financial well-being <input type="checkbox"/> Communicate clearly and effectively and with reason <input type="checkbox"/> Consider the environmental, social and economic impacts of decisions <input type="checkbox"/> Demonstrate creativity and innovation <input type="checkbox"/> Employ valid and reliable research strategies 	<ul style="list-style-type: none"> <input type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them <input type="checkbox"/> Model integrity, ethical leadership and effective management <input type="checkbox"/> Plan education and career paths aligned to personal goals <input type="checkbox"/> Use technology to enhance productivity <input type="checkbox"/> Work productively in teams while using cultural global competence
Materials Needed to Create Video:	

Instructional Strategies:**Key Topic/Step 1: Introduction****Timeframe: 15 seconds****Storyboard/Scripting (media/images/notes):**

Today I will teach you to do CPR; CPR or cardio pulmonary resuscitation, is important to know because it saves many lives. if no one knows how to perform CPR in the case of an emergency, someone could die.

Key Topic/Step 2: Performing CPR**Timeframe: 1 minute****Storyboard/Scripting (media/images/notes):**

1st assess if a person needs CPR; look around, tell someone to call 911, try to find the method of injury, and check to see if they are breathing and if they need CPR.

Once you've done that you're going to need to place your hand on top of your other hand, then put your hands over their sternum, Now push 2 inches into them to the beat of 'Staying Alive.' If you happen to hear cracking or breaking it is most likely cartilage.

You are going to want to do this until help arrives or they resume breathing.

Careers that would need to be able to do CPR are medical careers, teachers, lifeguards, and any career you work with people would be good to know CPR. Teachers would need to know cpr because kids could stop breathing, lifeguards need to know CPR because someone could drown and need help. It is useful to learn CPR in any job because you never know if you might need it.

Key Topic/Step 3: Conclusion and Next Steps**Timeframe: 30 seconds****Storyboard/Scripting (media/images/notes):**

Now that you know how to do cpr, find classes offered in your area so you can take a class to get certified. Also, start thinking through your own mental steps for if you are ever involved in an emergency situation -you can save someone who is choking or can't breath by using your CPR skills.

Summary/Ending (summary of key learning, next steps for the viewer, and call to action for the viewer):

-see conclusion on script-

Application or Assessment of Learning:

Source (If Applicable: cite any published or copyrighted materials used in this video):

Additional Notes:

