



Lesson plan

Class	Health promotion and disease prevention		
Education	EQF 4		
Subject	Mobilisation and transfer		
Duration	135 minutes		
Description	This lesson plan focuses on the theoretical aspect of working with the ergonomically principles and applying the theory to skill training in order to keep the student and the patient safe during mobilization and transferring the patient with a sling.		
Learning goals	<ol style="list-style-type: none"> 1. Knowledge of ergonomic principles 2. Apply the ergonoimical principles of transferring a patient using a sling 		
Lesson	Learning goals	Learning activities	Learning resources
1. lesson	Knowledge of the ergonomic principles	Presentation and dialogue in plenum about the ergonomic principles (i.e a Power Point with speak or in a Teams meeting)	PowerPoint, tablet/PC, pencil, paper, subject related book
2. lesson	Presentation of the transfer analysis Student work with the transfer analysis	Continued presentation Introduction to transfer analysis (i.e a Power Point with speak or in a Teams meeting) Work with transfer analysis	PowerPoint, tablet/PC, pencil, paper, subject related book
3. lesson	Interactive preparation prior to practical skills training	Video and answering the questions for reflection Practical skill training	PowerPoint, tablet/PC, pencil, paper, subject related book