

# Human body anatomy: muscles v2

MaFEA – Making Future Education Accessible  
PR3 - EDUCATIONAL LEARNING PATHS

Technology tools (version):	VR glasses: meta quest 2
Requirements: What do you need? (Think hardware, skills, knowledge.)	<ul style="list-style-type: none"> <li>○ Devices</li> <li>○ Stable wifi connection</li> <li>○ App on VR glasses: High school human body anatomy <a href="#">High School Anatomy for Quest on Meta Quest</a>   <a href="#">Quest VR Games</a>   <a href="#">Meta Store</a></li> </ul>
Optional technologies:	<ul style="list-style-type: none"> <li>○ App on your phone: Muscle and motion anatomy in meta store</li> </ul>
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Topics of the lesson(s):	Human body Anatomy: muscles
Estimated time:	85 minutes

Lesson title/subject: Human body anatomy

**Intention:** What do you wish for or hope to happen? (Intentions are often not measurable or tangible, but help you in developing the design process.)

1. Demonstrate to students a different way of learning to motivate them a bit more.
2. That the students learn the different muscles through their experience.
3. The intention is that the students have to perform exercises. When they perform those exercises, they will feel that they are using certain muscles. It is up to them to find out which muscles they use during each exercise.



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**Desired Outcomes:** One or more measurable and tangible goals the teacher aims for with this lesson/these lessons.

1. The students learn about the muscles in the human body.

**Agenda:** HOW are you going to reach the goals? Description of the lesson plan / educational activities / working methods.

1. We are gonna be active through this lesson, so the student need to warm-up first. You can do whatever you want for warming-up.
2. The students are divided into groups.
3. We work with a transfer system. There are 4 exercises per station that they will have to perform.
4. They get a certain amount of time to do the exercise (1 min.). After this minute they need to find which muscles they used. They can do this with an app on their phone (Muscle and motion: Anatomy) or with the VR goggles. You can switch it up a bit if you don't have enough VR goggles, they can first search on their phone and later each group gets 10 minutes with the goggles.

After they found which muscles they use for certain exercise. They then have to draw the muscles on a picture of an skeleton that they get from the teacher. After they draw it, they need to name the different muscles in Latin names.

**Roles:** Who facilitates what? Who participates? What do we expect of the students?

1. As a teacher you need to time every exercise. The student need to perform the exercises.
2. We expect them to work together with their teammate.
- 3.

**Rules:** Rules or principles are about how you want to learn and work together.

1. After 10 minutes on a station the student have to move on to the next one. They do this smooth, without walking to their friends in other groups.
2. They need to respect the timing.
3. They have to be quiet when you explain everything.
4. The students need to have respect for the equipment.

**Time:** Describe the time path: What time do we start / finish / break? When is the time for reflection? What happens between contact times?

1. 10 minute warm-up
2. 10 minutes explanation
3. 5 minutes to show an example
4. 10 minutes per station (5 stations) = 50 minutes
5. 10 minutes cooling down (stretching) + reflecting
6. You can put a break in, but after their exercise moment they can rest while they are searching for the right muscles on their app.